

# Connecticut Guardian

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## 'This is a drill...'

SPEC. JESSE J. STANLEY  
65<sup>TH</sup> PCH

The Office of Emergency Management (OEM) conference room was abuzz with activity. Reporters shifted in their seats and adjusted their equipment while they anxiously waited.

Large signs in the room detailed the various alert levels and what amounts of radiation would warrant such an alert. Maps of Connecticut detailed the areas where the most harm was likely to occur. The door opened and a group of people entered the room, among them representatives from the governor's office, National Guard, OEM and topic experts on Millstone Nuclear Power Plant and radiation.

Kerry L. Flaherty, Director of the OEM, approached the microphone and began to speak to the assembled people playing the roles of reporters for the exercise, "This is a drill..."

Despite being in an already heightened state of alert due to the risen threat levels the OEM conducted an annual drill in preparation for a similar drill, which is conducted once every two years and is federally evaluated. That evaluation is scheduled for September.

The drill simulates a failure at the Millstone Power Station, which ultimately results in a release of radioactivity into the environment.

The rehearsal lasted three days. The first day was the plume phase. This refers to a radioactive release in the form of an invisible cloud that expands with the wind. According to the State of Connecticut Radiological Emergency Response Plan during a plume phase general emergency, state and federal agencies study the plant conditions, radiation levels, weather forecasts and evacuation options. It is during this phase that public protective actions are immediate considerations.

The next two days were the ingestion phase, also known as the recovery phase. Field monitoring teams retrieve samples such as water, ground and vegetation. They use the information they gather in the field to determine the extent and severity of the contamination to the community.

See OEM DRILL Page 28



Bill Sullivan, Department of Health Drinking Water Division, carefully pours a water sample into a container to bring back for testing. In an actual emergency the results of the testing would be used to determine if drinking water was contaminated. (Photo by Spec. Jesse Stanley, 65<sup>th</sup> PCH)

## Bush signs \$417 billion appropriations bill

JIM GARAMONE  
AMERICAN FORCES PRESS SERVICE

President Bush signed the Defense Appropriations Bill into law during a White House ceremony held Aug. 9. The money will fund the global war on terror, personnel initiatives and further the transformation of the American military.

The \$417 billion bill funds the military for fiscal 2005. Congress must pass a second bill, the National Defense Authorization Act, before the department can spend the money.

Bush said the United States is taking the fight to the terrorists. He said in the last three years, America has made great strides in Afghanistan, Iraq and around the world to confront the enemies of freedom. "These great achievements have come at a cost of human life and grief," he said. "America is grateful for the families of those who mourn a loved one. We will honor their memory by completing the mission and making the world a more peaceful place."

Bush reiterated his commitment to military personnel. "We will support them," he said. "We'll provide them fair pay and good treatment. We will continue to ensure they have the tools they need to defeat the enemies of today. We will develop the weapons and systems to meet the threats of tomorrow."

On the personnel side, the bill provides a 3.5 percent across-the-board pay raise for service members, eliminates out-of-pocket housing expenses and fully funds the Defense Health Program. The president said the raise brings the total pay raise over the last four years to nearly 21 percent. "This money is well earned, well deserved, and well spent," he said.

Bush called the elimination of out-of-pocket expenses "a real boost" for military families. "The excellence and professionalism of an all-volunteer force has never been higher," he said. "America must do all we can to encourage these special Americans to stay in uniform, and that starts with taking care of their families."

See BUSH SIGNS Page 16

## 'We Salute You' draws hundreds to honor Troopers who deployed in the Global War on Terror



Andrea Cloutier, a member of the 143rd Military Police Company and a Connecticut State Trooper receives her recognition from members of the State Police. (Photo by Pfc. Joseph Brooks, 65<sup>th</sup> PCH)

SGT. 1<sup>ST</sup> CLASS DEBBI NEWTON  
STATE SENIOR PANCH

Troopers who also serve in the National Guard and Reserves of the United States Military and who deployed world-wide in the Global War on Terror were honored by the Connecticut State Police and several hundred guests at a dinner in their honor last month.

In fact, so many people turned out, that additional tables had to be set up. There was, however, one table that was conspicuously empty. The table was set for dinner and had one hat from each branch of service at the place settings representing all the Troopers not able to be there because they were still deployed.

Sgt. Clark, Massachusetts State Police, set the tone for the evening with a moving rendition of the National Anthem, followed by several military songs during the event held at the Aqua Turf Club in Southington.

See 'WE SALUTE YOU' Pages 14 & 15



# Up Front with the Adjutant General

## September 11, 2001—Never Forget—

The Connecticut National Guard vigilantly defending our nation while honoring the memory of our fallen heroes

It has been a busy three years since the tragic events of September 11, 2001. The events of that day changed our lives forever and presented new challenges for our Guard. Following the attacks of 9/11, the Connecticut National Guard rapidly responded to the call to duty and continues to make huge contributions to our Nation's defense. I am proud of our Soldiers, Airmen, and State Military employees for answering the call of our country to enhance our domestic preparedness and combat terrorism.

The Connecticut National Guard continues to play a key role in the Global War on Terrorism. Today we remain at WAR and we remain determined to eliminate the evil effort against this great Country. Soldiers and Airmen remain on duty on the home front and abroad in the fight against terrorism. Today nearly 270 of Connecticut's finest are helping stateside or deployed in support of Operation Iraqi Freedom proudly and courageously responding to the call to duty to defend the United States.

The Connecticut National Guard remains fully engaged and is currently providing

security and access control to rail platforms and rail yards in southwestern Connecticut in support of our State's homeland security. Aviation assets are deployed to New York City in support of the Republican National Convention and members of the Air National Guard are spinning radar protecting the airspace over our Nation's Capital in Washington, D.C.

Additionally two Army National Guard units are preparing for mobilization as part of Operation Iraqi Freedom rotation number three and are scheduled to deploy in early September. The Guard remains committed to fight the war on terrorism as long as it is called upon. We remain Ready, Reliable, Essential, and Accessible!

So as we pause this 11 September to remember the sacrifices of so many during those attacks — in Washington, in New York City, and in Pennsylvania, it is appropriate that we reflect on what it means to be an American.... as Soldiers and Airmen we reflect on the ultimate sacrifice paid by our fallen comrades and honor them by living by the Warrior Ethos and the Soldiers Creed. God bless each and every one of you, God bless the State of Connecticut and God bless America.

### Soldier's Creed

I am an American Soldier. I am a Warrior and a member of a team. I serve the people of the United States and live the Army Values. I will always place the mission first. I will never accept defeat. I will never quit. I will never leave a fallen comrade. I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills. I always maintain my arms, my equipment and myself. I am an expert and I am a professional. I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat. I am a guardian of freedom and the American way of life. I am an American Soldier.



Maj. Gen.  
William A. Cugno  
Adjutant General

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First Company Governors Foot Guard

Second Company Governors Foot Guard

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## Perspectives

### How do you think the nation's understanding of the National Guard and its members changed since 9/11?



STAFF SGT. ROBERT C. TADDUNI  
248TH ENGINEER CO.

"I think people have more understanding and more acceptance of what the guard is doing. The water that the 247th was supplying was for civilians and the 248th was repairing power to Iraqi buildings. The support from home was tremendous."

SPEC. MICHAEL L. CASTILLO  
248TH ENGINEER CO.

"We live at home and connect more with the community than full time soldiers until we get called in active duty. Before 9/11 people thought we were weekend warriors. However, since we went to clean up New York City and went to fight in Iraq, people see the guard and recognize us as soldiers. People have a lot more pride in us since that happened."



SPEC. JOHN K. MARX  
248TH ENGINEER CO.

"People are more aware that we're out there and willing to serve our country."



LINDA STICKLER  
MOTHER-IN-LAW OF SGT. JEFF WILSON

"People thought the National Guard just stayed in the United States. Now people have to see that the guard also goes overseas to fight for freedom."



SENIOR AIRMAN ANNA C. CICHOCKI  
103RD AIRCRAFT MAINTENANCE SQUADRON

"I think we've gotten a lot more credit due to what has happened. A lot more people are coming into the Guard because of that. They want to help their country now. People are beginning to realize how important the military is and how they can help."

SENIOR AIRMAN JONATHAN D. VARNET  
103RD AIRCRAFT MAINTENANCE SQUADRON

"I think they understand that we are a little bit more than one weekend a month, two weeks a year, that we are actually part of the U.S. military."





# Physician Assistant, Lawyer assists in Iraq

Pfc. ABEL TREVINO  
28TH PUBLIC AFFAIRS DETACHMENT

(LSA ANACONDA, Balad, Iraq) - At 34 years old, Capt. David M. Lang has accomplished what many people might consider the impossible dream: he's practiced both law and medicine.

"I've had a stethoscope around my neck since 1989," he said.

While working days as a physician assistant, he also attended night classes working toward a law degree to fulfill his interest in law. After completing his law

degree, he worked for a law firm in Connecticut specializing in medical malpractice defense and patent laws, Lang explained.

"I did mostly medical malpractice defense for doctors and hospitals being sued," Lang said.

Working closely with hospitals and doctors reminded Lang how much he missed working in the medical field.

"I miss medicine," he said. "I [was able] to work on some interesting things in the medical malpractice [cases], but I miss working and fixing patients."

Debate lingers in Lang's mind about going back to school again.

This has brought indecision in his heart, to stay in law upon returning to the United States or to return to medical school and work toward a medical doctorate.

"I want to go back to school, so if I go back it'll be for medicine," he said about a possible career change in the near future. "I think I'll probably go back and work for a little while as a [physician assistant] and seriously think about going back to medical school."

Here in Iraq, assigned to the 118th Area Support Medical Battalion and working at the Troop Medical Clinic has only reminded Lang of the career he once had.

"[Being here] I realize how much I miss working with patients. The day-to-day job is very rewarding and it's fun. I forgot how much I miss it," he said.

Here he works with people who remind him of the dream he pursued since his teen years, of his days as an emergency medical technician and of his years working in emergency care in the inner city of New Haven, Conn.

"I couldn't ask for a better group of patients and coworkers," he said. "[We have] a good group of medics here, a good group of Soldiers who are very interested and eager to take care of Soldiers and learn."

Education in the workplace is a vital part of the job that Lang longs to return to.

"The thing in medicine is that there is always teaching that goes along with it. There's always that implied role of teaching junior medics," Lang said.

Although Lang is pondering a return to medicine, he is uncertain where to continue his education.

"My wife graduated from med. school and wanted to go back west with her family. So when she graduated, she moved us over there," Lang said. "I haven't even seen the house yet."

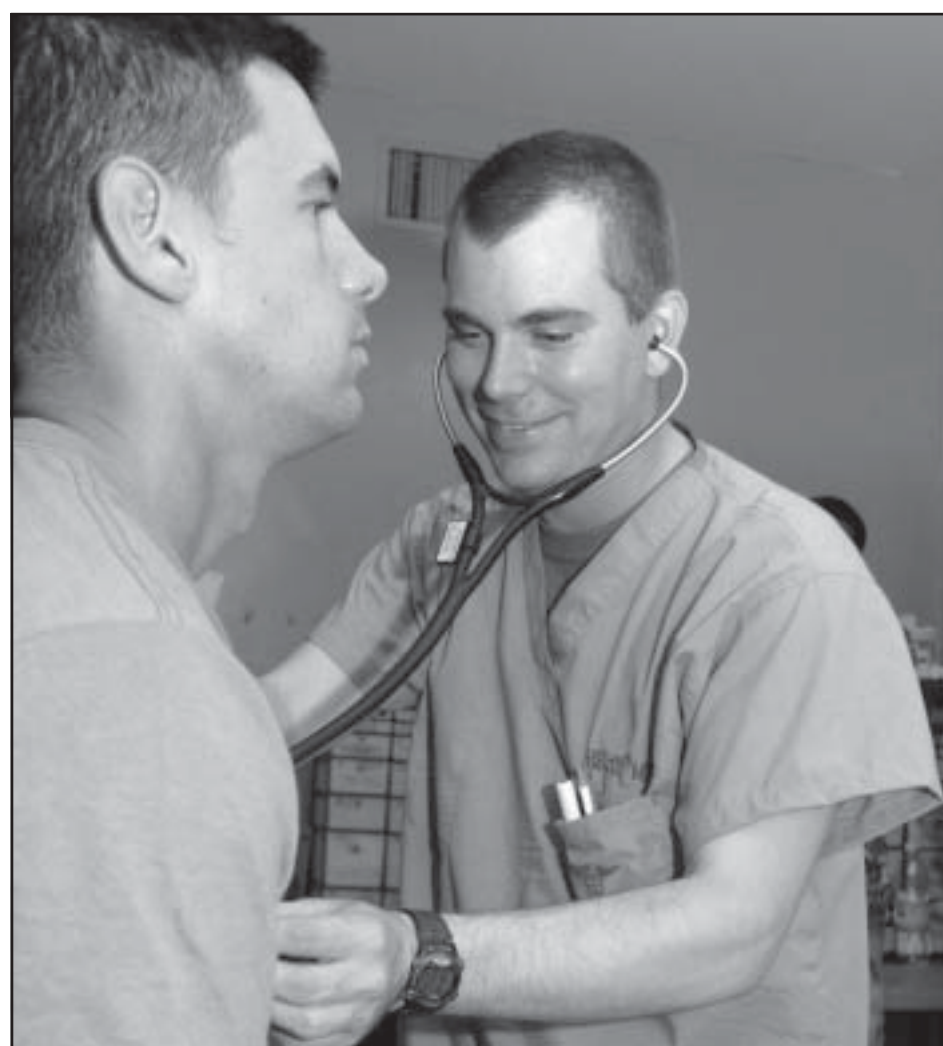
"When moving she asked me if I'd like this or that. I said 'Is it burnt orange? Olive drab green? Have bugs in it? No? I'm going to love it,'" Lang joked.

Throughout his medical career, he pursued an interest in law, and after having experienced what both fields have to offer, Lang feels the future is wide open for him.

*(Editors Note: Pfc. Trevino is assigned to the 28th Public Affairs Detachment from Fort Lewis, Wash. He is currently deployed to Iraq in support of the 13th Corps Support Command at LSA Anaconda.)*



Capt. David Lang, 118th Medical Ban., checks a Soldier's eyes during an exam in Iraq. (Photo by Pfc. Abel Trevino, 28th Public Affairs Detachment)



Capt. David Lang likes what he hears through the stethoscope. Lang is deployed to Iraq with the 118th Medical Battalion. (Photo by Pfc. Abel Trevino, 28th Public Affairs Detachment)



Capt. David Lang, a physician's assistant and lawyer, as well as a Soldier, talks with local residents while on duty in Iraq. Lang is with the 118th Medical Battalion. (Photo by Pfc. Abel Trevino, 28th Public Affairs Detachment)



# A homecoming for 'Noble' heroes

SGT. PATRICK CLARK  
PVT. KRISTEN ALDO  
65<sup>th</sup> PCH

"You couldn't ask for a better day than today to honor these heroic troops," said Maj. Gen. William A. Cugno, the Adjutant General and Commander of the Connecticut National Guard as he was preparing to address the 300 Soldiers gathered on a clear and comfortable morning at Camp Rell.

The 192<sup>nd</sup> Chemical Battalion, 134<sup>th</sup> Military Police Company, Company C, 242<sup>nd</sup> Engineer Battalion and the 103<sup>rd</sup> Chemical Company were formally welcomed home in a ceremony that honored the Soldiers from each unit that were mobilized and deployed in support of Operation Noble Eagle. Among those in attendance was Governor M. Jodi Rell, who joined family members, political dignitaries and peers of the Soldiers in thanking them for their part in fighting the Global War on Terror.

"It's the men and women who make up the Connecticut National Guard that make it so great. Thank you very much for everything. You performed your duties with honor and distinction. You protected us and you brought peace of mind to all of us," said Rell.

Rell joined Cugno in handing out awards and medals to the Soldiers of each respected unit.

Each Soldier was awarded The Global War on Terrorism medal. Nine Soldiers were awarded the Meritorious Service Medal and

eight others received the Army Commendation Medal. The mobilized units each received a battle streamer, to be displayed on their respective guidons, along with a plaque to signify participation in Operation Noble Eagle.

"It's an honor to receive these awards," said Lt. Col. Shawn Karvelis, Task Force 192<sup>nd</sup> Commander. "These Soldiers sacrificed a lot to be where they are today and as a leader it's nice to see all of them recognized for their actions."

The units were mobilized and deployed in May 2003 to perform force-protection missions at West Point, NY; Ft. Drum, NY; Ft. Hamilton, NY; Ft. Monmouth, NJ; Ft. Dix, NJ, and the United States Army War College in Pennsylvania. Their duties included security patrols and gate security at their respected locations.

The Soldiers were part of Task Force of 192<sup>nd</sup>, which was comprised of more than 400 Connecticut Soldiers who were called to active duty to provide homeland security in the Northeast region.

The 134<sup>th</sup> MP Company, C Company, 242<sup>nd</sup> Engineer Battalion and the 103<sup>rd</sup> Chemical Company were recognized for the successful discovery and confiscation of illegal drugs, unregistered weapons and detainment of wanted individuals.

"I thank you for a job well done. I thank you for representing not only the nation but also our state, out of state in the war on terrorism. I also thank you for being ready,



Members of the 242<sup>nd</sup> Engineers stand before Gov. M. Jodi Rell and Maj. Gen. William A. Cugno as the governor places the Operation Noble Eagle streamer on the unit's guidon. (Photo by 65<sup>th</sup> PCH)

willing and able for the future and what it holds and what is necessary for the continued war on terrorism," said Cugno.

The family members of the Task Force were also honored. Each family received a Future Soldier footlocker kit, which included comic books, trading cards and board games. Each Soldier was also given an encased American flag to be displayed.

These items were made possible through the Freedom Salute Campaign, which

publicly acknowledges families and employers of Army National Guard Soldiers who have been called into service during Operations Noble Eagle, Enduring Freedom and Iraq Freedom.

As the spouse of a former military pilot, the governor offered her thanks to the family members.

"Trust me, they (the Soldiers) could not do this without your support," she said.

## The early years at the ACS: Looking back in time

SENIOR MASTER SGT. JOHN  
CUOMO

The 103<sup>rd</sup> Air Control and Warning Squadron was notified of an activation proposal on July 22, 1950 causing an extra push for recruitment. The unit ran weekly ads in the local newspaper to recruit members into the unit at this time. In the event the world situation forced further mobilization of the Air Force units, The Connecticut Air Guardsmen would enter service in a unit composed of friends from their home town, not into a group of strangers, as would be the case if they had enlisted or were drafted into the active armed services.

During the two weeks from July 29, 1950, the unit was on the move and this time Annual Field Training took place simultaneously at two sites. One training site was inland at Dow AFB and the other was on the shore of Maine, at Fort Williams in Portland.

Enlistments were frozen from September 19, 1950 until midnight of July 8, 1951. This was a ruling of the Judge Advocate Generals of the Army and Air Force. All Army / Air National Guard enlistments had been extended 12 months from July 8, 1950 so that no discharges for reason of expiration

of service would be granted during this period unless the order was rescinded.

October 1950, the 103 AC&W Sq. was reorganized as Ground Control Intercept Station #1. The manning list of 10 officers and 98 enlisted was authorized, but the unit could only achieve two officers and 54 enlisted. A massive campaign was launched to make the public aware of the unit's existence.

In the early period, the 151<sup>st</sup> Aircraft Control and Warning Group was the Group of assignment. With units from Rhode Island and Massachusetts, the 103d AC&W participated in a functioning Aircraft Control and Warning system in conjunction with flying activities by the 67th Fighter Wing from Rhode Island.

The squadron received orders on March 13, 1951. An advance detachment was activated on July 3, 1951. The remainder of the Squadron was placed on active duty on Sept. 3, 1951 during the "Korean Police Action" period. During the conflict three-fourths of the squadron members served in Iceland at Keflavic and formed the 923<sup>rd</sup> AC&W Sq., which today is the 923<sup>rd</sup> ACS. and the rest at Otis AFB in Massachusetts.

Upon direction of the Department of Defense, Lt. Col. Ruel Luckingham turned

command of the unit over to Col. Frontczau (active duty USAF). Actual full time duty did not start until two days later. Members reported to their units at either Brainard Field, Hartford, Trumbull Field, Groton, or Cedar point in Milford. They remained on station until transfer orders were received from the First Air Force to Camp Edwards / Otis AFB Mass. There they entered a completely rehabilitated complex. The buildings were scrubbed, disinfected, and painted for the first time since World War II, when the base was used as a basic training and transfer point center.

The squadrons' area was near one of the most active runways where the "Dawn Patrol" of two to three F-86s would roar the men to wake up at 0645 as the planes flew within 500 feet of the barracks. The operational site was set up, and on the air in three days. 101<sup>st</sup>, 102<sup>nd</sup>, 103<sup>rd</sup>, and 104<sup>th</sup> AC&W Squadrons used two B-29's to due their calibration flights.

These four squadrons created a unit, which manned and operated several radar sites and participated in several maneuvers such as "Operation Helping Hand" on Cape Cod. The mission was to insure tactical defense of the area, with close control of fighters and bombers in the "front lines".

The site was used for Tactical Air Direction Center (TADC) and Tactical Air Direction Parties (TADP).

These TADC and TADP units consisted of a radio operator, and an aircraft controller with a jeep. The other was "Operation Snow Fall" in upstate New York at Fort Drum, in February 1952.

During this operation 126 casualties occurred during this grim exercise 9 died and 117 were hurt when a paratrooper plane crashed. A twin-engine C-46 transport plane crashed while taking off from Wheeler-Sacks Air Field in New York. Four died and eighteen were injured. The plane slid 100 feet before crashing into an unoccupied parked plane. A third accident occurred three hours after the plane crash, at a railroad crossing, two members of the 11<sup>th</sup> Airborne Division were killed and five other members were injured when a speeding 83 rail car New York Central Freight train struck a Army truck at an open grade crossing near Spragueville, New York. Parachute jumps including 12 cases of Frost Bite, some Snow Blindness and some sprains. Due to all the changes from these events the exercise name was changed to "OPERATION HOSPITAL LIFE", and was supported by C-124 Globemaster aircraft from Stewart AFB in New York.

# Next wave of families reunited after 15 months in desert

Spc. JORDAN E. WERME  
65<sup>th</sup> PRESS CAMP

Valentine's gift for your spouse: \$50. Halloween costumes for the kids: \$100. Bottle of champagne for the New Year's Eve toast: \$70.

Being home from Iraq to enjoy all these moments with your loved ones: Priceless.

The 247<sup>th</sup> Engineer Detachment and 248<sup>th</sup> Engineer Company were mobilized in support of Operation Iraqi Freedom in February 2003, returned to Connecticut in April 2004, and were honored for their outstanding efforts while on deployment in a ceremony held at Camp Rell, Aug. 22.

The engineers returned from their tours in Iraq with everyone present and accounted for, putting some of their family's biggest fears to rest.

"We were concerned for his welfare, and not knowing where he was all the time," said Mari Anne Carney, step-mother of Spc. James K. Carney, Jr., carpenter mason for the 248<sup>th</sup> Engineer Company. "

"I was concerned about his well-being," said James Sr., "But also very proud. I knew he had a job to do and was there doing it."

While the safety of their Soldiers was foremost in every family's thoughts, there were other fears as well.

"I was worried about Marrissa," said Ruth C. Webb, mother of 1<sup>st</sup> Lt. Cassandra Webb, 248<sup>th</sup>, said of her granddaughter, Marrissa. "But she really did pretty well. I worried all the time. At first I couldn't sleep, it was scary."

"I was really sad," said Marrissa, 8, "But I had friends to play with. I'm very happy she's home now."

The idea of being out of contact with a loved one is often cause for concern as well, but with new communications systems and help from the National Guard's Family Services Program, some of that stress has been lifted.

"It was different," said Ruth Webb. "We

sometimes got e-mails or phone calls every day, sometimes we had to wait a while."

"The first time we heard from him was the day before Easter," said Donna Leboeuf, mother of Spc. Carney's girlfriend, Karyn. "Karyn was concerned, knowing he was deployed – and now she's very happy he's home."

"I got a phone call toward the end (of the deployment)," said Karyn, "It was really good to hear from him."

"It's easier, being able to communicate," said Webb.

For some Soldiers there are still different concerns, beyond the expected stress of separation, to be met and conquered while deployed.

Carney volunteered for his deployment, and was transferred from the 242<sup>nd</sup> Engineer Battalion to the 248<sup>th</sup> for the mission.

"I didn't know anybody, I didn't know

the command," he said. "I was more nervous about that than being in a hostile environment. I knew I would miss my friends and family, my normal routine. Getting taken out of that and put into something new ... but in time knowing I was going to help unfortunate, unwilling and unknowing people was exciting."

So with summer winding down and another holiday season rushing toward us, these Soldiers have reunited with their families to celebrate the next string of holidays, birthdays, anniversaries, graduations, weddings or whatever other events await them in the coming months.

But not without appreciation and gratitude for the Soldiers who now must fill vacancies in the desert.

"There are a lot more out there that we don't know," said Donna Leboeuf. "And if not for the Soldiers being deployed, our Soldier could not have returned."



Spec. James K. Carney, Jr., of the 248<sup>th</sup> Engineer Company along with father James K. Carney, Sr., stepmother Mari Anne Carney, girlfriend Karyn Leboeuf, mother of girlfriend Donna Leboeuf. (Photo by Pfc. Joseph Brooks, 65<sup>th</sup> PCH)

## Pinned down: Engineers awarded for outstanding service

SPEC. JORDAN E. WERME  
65<sup>th</sup> PCH

They have all come home together, and they have all come home safely. They have also come home as decorated veterans of the United States Military.

The 247<sup>th</sup> Engineer Detachment, New London, and the 248<sup>th</sup> Engineer Company, Norwich, deployed in support of Operation Iraqi Freedom in February 2003 and served nearly 15 months, incident free, on that mission.

For their outstanding service during OIF, every Soldier of each unit was awarded the Global War on Terrorism Expeditionary Medal and the Global War on Terrorism Service Medal, in a ceremony held August 22 at Camp Rell, Niantic.

The Global War of Terrorism Expeditionary Medal is awarded to members of the United States armed forces who serve in military expeditions to combat terrorism, on or after September 11, 2001.

The Global War on Terrorism Service Medal is awarded to members of the United States armed forces who serve in military operations to combat terrorism, on or after September 11, 2001.

In addition to these awards, three members of the deploying force were recognized during the ceremony for their outstanding individual service while in theater.

The Army Commendation Medal was presented to Staff Sgt. Jabbar Fatah, Sgt. Matthew Collins and Sgt. Stephen Zargar, all from the 247<sup>th</sup>.

The Army Commendation Medal is presented for excellence and achievement that greatly contributed to the overall success of the unit's mission and operations during deployment.

## Hammer to assume command of the 103<sup>rd</sup> ACS

LT. COL. PAMELA K. TITUS  
JFHQ PUBLIC AFFAIRS

The new commander of the 103<sup>rd</sup> Air Control Squadron will be Maj. Joseph D. Hammer in September 2004.

Experienced with ACS in world-wide operations, Hammer brings a wealth of experience to his command.

Responsible for command and control of all aircraft in Afghanistan for Operation Enduring Freedom from April 2003 to August 2003, Hammer lead the implementation of radar, radio and data interface systems. Hammer also successfully negotiated and changed the communications architecture for the entire theater which resulted in significantly

improved communications and operations in Afghanistan.

Hammer has deployed with the unit several times over the last three years, including twice for OPERATION Noble Eagle. The first was to protect the President and the other was to the Joint Air Defense Operations Center to protect the Capitol. He was senior Air Force Operations Officer at the JADOC assignment.

Hammer joined the 103<sup>rd</sup> ACS in September 1995 and has served as Chief of air surveillance, air surveillance officer, battle commander and director of operations.

Hammer served on active duty with the United States Air Force for over four years. His last assignment was at Hill Air Force Base, UT as operations officer for the 729<sup>th</sup> Air Control Squadron. His efforts led to a "best seen to date" evaluation for the squadron's inspection.

Hammer's vision for the future is "preparation for the staff assistance visit and IG inspection in 2005 and transitioning into the new buildings while working through the temporary moves," he said.

Additionally, "reconstituting operations by taking in and servicing the unit's equipment returning from Afghanistan, and re-certifying the operations crew on the equipment is a

priority," said Hammer.

Hammer is married with a 21-month-old son and a child expected in Oct. He is a traditional guardsman and is employed as an account executive at Lucent Technology in New Jersey. He also serves a vice-president and on the board of directors for a non-profit organization that provides counseling to pregnant woman.





# 143<sup>rd</sup> MPs return to drill, receive medals for service

STAFF SGT. STEVE MARKOWSKI  
65TH PCH

A return to drill status allowed members of the 143<sup>rd</sup> Military Police Company an opportunity to receive medals they earned, to re-unite with their colleagues and to thank the man known as the "Godfather of the 143<sup>rd</sup>."

More than 150 members of the unit were formally welcomed home at the West Hartford Army Reserve Center in what was their first drill after answering the call to serve in the Global War on Terror.

The August 14th ceremony allowed the hierarchy of the National Guard to officially honor the 143<sup>rd</sup> MPs for their service in Operation Iraqi Freedom.

At the ceremony, members of the unit were lauded for their outstanding performance in the war, and were commended for their bravery.

Stationed in the heart of Baghdad, the 143<sup>rd</sup> MPs performed dangerous security operations. Thirteen members of the unit were wounded in action, earning the Purple Heart.

The unit's mission included conducting patrols as well as the training and mentoring of the newly formed Iraqi Police Force. The Guard members were responsible for the arrest of numerous Iraqi criminals and the capture of sizeable caches of illegal weapons and ammunition.

State Adjutant General Maj. Gen. William A. Cugno spoke of the accolades the unit received from active duty personnel who witnessed the performance of the 143<sup>rd</sup>.

Cugno told the troops and their families about a letter he received from a colonel with



*Pfc. Steven Wabrek has his medals pinned on by Col. William Sobota during ceremonies at the 143<sup>rd</sup> Military Police armory in West Hartford. Wabrek was one of 13 M.P.s wounded in Iraq. (Photo by Staff Sgt. Steve Markowski, 65th PCH)*

the 709<sup>th</sup> Battalion Headquarters. He paraphrased the letter, which praised the members of the 143<sup>rd</sup> for their performance in Iraq: "This unit is outstanding. I wish they were all like this."

"It didn't stop there," Cugno said, speaking about a chance encounter he had in Heidelberg, Germany while there on official business. "A colonel came up to me and introduced himself saying 'I'm the guy who sent the letter'."

The colonel told Cugno that he recognized the patch of the Connecticut Army National Guard, and wanted to reiterate his accolades for the members of the 143<sup>rd</sup>.

The formal ceremony included attaching the Operation Iraqi Freedom battle streamer to

the unit's guidon. The unit members earned their honors by serving in Baghdad for approximately a year.

The unit mobilized on Friday, Feb. 7, 2003, and departed for Ft. Drum, NY on Feb. 12, 2003.

On April 15, 2003 the 143d MP Company arrived in Kuwait, processed through and went forward into Baghdad and returned home Thursday, April 8, 2004.

Sgt. 1<sup>st</sup> Class Chris Emmerson and Sgt. Jeffrey Walsh were awarded the Army Commendation Award with Valor device.

Several months after setting up in Baghdad, the unit developed a special relationship with WTIC radio host Jim Vicevich, who became known as "the

Godfather of the 143<sup>rd</sup>." Vicevich served as master of ceremonies for the "Welcome Home" ceremony, and was surprised with a special presentation.

Family members thanked the 1080 AM mid-morning show host for his support by presenting him with a plaque honoring him for his support to the unit members and their families.

The plaque was presented by Michael Richards, whose daughter Melissa is a sergeant with the unit.

"Mr. Vicevich was contacted on Oct. 15<sup>th</sup>. Since then, he has been one of our biggest supporters," said Richards, who also explained that family members were inspired to offer the show of gratitude partly because Vicevich's radio show gave family members an outlet to express their feelings during difficult times.

The well-known Connecticut broadcaster succinctly summarized his reaction to being honored by the families.

"This is the highest honor I have ever received, and nothing will ever top it," Vicevich said.

All of the Soldiers who deployed with the 143<sup>rd</sup> were presented with the Global War on Terrorism Expeditionary Medal, the Global War on Terrorism Service Medal, the Armed Forces Reserve Medal with the "Mobilization" device and the National Defense Service Medal.

The troops also received their kits under the "Freedom Salute" program. Each unit member was presented with an encased American flag, commemorative coins and items for their families.

## 1109th AVCRAD presents flag to Sikorsky

Heat, sand, risk, support of the country's Iraq effort and a superb product were the symbols and reflections that Rich Walklet and Ed Daniels conveyed to Steve Finger and other executives as they proudly presented a U.S. flag that was flown high above their unit while in Iraq.

"This flag is a special thanks to you as the leader of this great company," Rich added. "Sikorsky welcomed us back upon our return and recognized what we did for our country. Our unit feels that the most appropriate place for this flag is here at Sikorsky Aircraft."

Steve Finger graciously accepted this flag and stated, "this was a terrific testimonial and we are very proud and honored that this flag has come home. We thank you for what you do."

The 1109th Aviation Classification and Repair Depot (AVCRAD) is one of the only four facilities of its type in the United States Army and Army National Guard. It is located in Groton, Conn.

The 1109th AVCRAD mission is to provide the deploying forces with aviation maintenance and support at ports where aviation units are deploying overseas or returning from deployment.

Proudly, Sikorsky has 10 employees from the unit who were deployed for one year in support of the Operations Iraqi Freedom and Enduring Freedom. This flag will now be displayed in the Administration Lobby and flown in front of Sikorsky Aircraft on Veterans Day.



*Rich Walklet and Ed Daniels present U.S. Flag to Steve Finger on behalf of the 1109th AVCRAD.*



*The very same U.S. Flag flying high over Camp Arifjan, Iraq.*



# Connecticut Legislature considers establishing separate committee for Veterans and Military Affairs

SGT. 1ST CLASS DEBBI NEWTON  
STATE SENIOR PANCO

"We are going to consider and explore the best way to provide legislative oversight on the Veteran's Home in Rocky Hill and other veteran's issues."

With those words, Rep. James Amann (D-118th) opened a press conference at the Legislative Office Building in Hartford to announce that the state is beginning to look at legislation that would establish a committee separate from the Public Safety Committee to deal with veterans' issues.

The crowd of 65 people who filled the hearing room included representatives from many veterans' and military organizations, including the Military Order of the Purple Heart, Disabled American Veterans, Employer Support of the Guard and Reserve, the American Legion, the National Guard Association of Connecticut and the Connecticut Concerned Veterans Coalition.

"We care, and we are prepared to focus on the veterans' concerns," said Amann, who went on to introduce Rep. George Wilber (D-63rd), whose initiative it was to study this separation.

Veterans' and military issues now fall under the purview of the Public Safety Committee, which also oversees legislation for police agencies, homeland security and fire departments, among others.

"These men and women have a history of service older than our state," said Wilber. "It's not just the military that's affected, it's the families - the mothers, fathers, spouses, children. We need to focus on these issues. We need to give serious consideration to establishing a separate committee on veterans' affairs."

"You deserve no less," he said. "Health and mental health, long-term care, jobs, Guard and Reserve, housing. Loss of ability to pay the mortgage, transitioning to being a single parent, family income diminishing, car payments, self and family care, renewing



Maj. Gen. William A. Cugno addresses the gathered crowd during a press conference at the Legislative Office Building in Hartford, where several members of the state House and Senate announced their intention to consider and explore establishing a separate committee on Veterans' and Military Affairs during the next session. (Photo by Maj. John Whitford, State PAO)

licenses and car registrations. These are all issues that have been brought to the forefront in the past couple of years."

Wilber said he believes a separate committee is the way to go in order for the members to develop an expertise on these and other veterans' and military issues. Right now, he said, that can't be done within the broad area of responsibility of the Public Safety Committee.

"This is no criticism of the legislators who sit on Public Safety," said Wilber. "They have done a fine job."

Wilber went on to explain that the new committee would be bipartisan.

"There can be no politics when it comes to veterans' affairs," he said. "No one asked them when they raised their hand to take the oath to protect and defend if they were Republican or Democrat."

Maj. Gen. William A. Cugno, adjutant

general of the Connecticut National Guard, also spoke and asked that the legislators consider adding the Military Department to the area of responsibility being considered.

"Sixty percent of our Guard are combat veterans now," said Cugno. "Within a year, 75 percent will be. We'd like to work with you to include the Military Department's 5,000 servicemembers and 40,000 family members."

Sen. Edith Prague (D-19th), was also on hand to offer her support of the new committee.

"Nobody, nobody, deserves the attention of the legislature more than our veterans," said Prague. "We have an obligation to protect our vets. Nothing is more important here in the State of Connecticut than to pay respect to our veterans."

Because the Public Safety Committee now handles veteran and military issues, legislation would have to be enacted to establish the new committee, a process that is expected to take throughout the next session of the legislature.

The committee could be established in time for the convening 2006 General Assembly.

According to the Office of Legislative Research, the last time there was a committee devoted solely to veterans' issues was 1905-1969. Since then, veterans have fallen under Public Personnel and Public Safety.

"This committee can concentrate on veterans' and military issues," said Wilber. "With Homeland Security coming in, we don't want to suck the air out of this building. We have to leave something for our veterans."

## Updated Airman's Manual hits the streets

Air Force Chief of Staff Gen. John P. Jumper has distributed the first of more than 675,000 copies of the revised Air Force Manual 10-100, Airman's Manual. A copy will be given to each active-duty, Reserve and Guard Airmen. The new version is weatherproof, tear-resistant and fits in the battle dress uniform's cargo pockets. It combines the old manual with Air Force Handbook 32-4014, Volume 4, "USAF Ability to Survive and Operate Procedures in a Nuclear, Biological and Chemical Environment." (U.S. Air Force photo by Master Sgt. Jim Varhegyi)



## Never Forget 9/11

Sept. 11, 2001



New York  
Washington, D.C.  
Pennsylvania





# Combat Medics train for real time battle at Pinon Canyon Maneuver Site

**CAPT. ANNE-MARIE GARCIA**  
**COMMANDER 141<sup>ST</sup> MEDICAL COMPANY (GA)**

The Pinon Canyon Maneuver Site (PCMS), is located 150 miles southeast of Fort Carson, Colorado and is a great training asset for Fort Carson, other installations and National Guard and Reserve units from all branches of the service.

It was opened in 1985 to provide critical maneuver lands for larger units on the installation and from other installations in the area. Its 236,000 acres, combined with Fort Carson's training areas, comprise maneuver training lands second only to the National Training Center in size.

Located just North of Trinidad, Colorado, the US Army Pinon Canyon Maneuver Site hosted approximately 3,000 Citizen-Soldiers and Citizen-Airmen for Operations Pinon Canyon and Bayonet Thrust 2004.

These National Guard and Active Army service members and their equipment, traveled from eleven states and one U.S. Territory and were joined by officers and NCOs from The United Kingdom, Austria and The Republic of Azerbaijan and are supported by almost 100 civilian contractors or role-playing personnel from four different nations as part of a training and evaluation exercise in support of the Global War on Terror.

The National Guard's 41<sup>st</sup> Brigade Combat Team from Portland, Oregon is currently undergoing their annual training and the 141<sup>st</sup> Medical Company (GA), CTARNG was able to be part of their mission, not only supporting real world patients, but also participating in trauma and convoy lanes. The 141<sup>st</sup> Medical Company (GA) was the only ground evacuation medical unit on site during operation Bayonet Thrust supporting 2,955 soldiers, airmen and other military services from around the world.

The mission of the exercise was to train the guardsmen and active army service members who will eventually support and stabilize operations currently being conducted in Iraq and Afghanistan. The Soldiers and Airmen represented infantry divisions, field artillery, support battalions, aviation, medical companies and numerous other divisions of the military.

Blue Canopy is an operation that enlists the assistance of immigrants from Iraq, Lebanon, Syria and Bosnia to be role players who assist the Soldiers in simulating real world situations that could possibly occur in combat situations in Arab countries.

Soldiers that participated in the trauma lane were able to exercise their medical and combat skills. The trauma lane was the most realistic battlefield training that any medic

can receive. A majority of the medics in the company work as EMT's, paramedics or are students; the trauma lane was so realistic due to the fact that the medics were able to practice battlefield medicine, which has different rules of engagement then civilian medicine. The medics were also able to hone their leadership skills by acting as scene commanders, trying to control a scene of 30 civilians on the battlefield, while also concentrating on triaging their patients and directing security personnel and the other team medics.

A combat medic has to manage and treat

their patient while also trying to protect their patient and themselves on the battlefield. All of the combat medics from the 141<sup>st</sup> Medical Company (GA) were able to not only participate in the trauma lane, but also supported the 91<sup>st</sup> from FT Lewis, by providing trainers, OCs and RTOs. All Soldiers in the company were able to participate in the lane, not just the medics.

Brig. Gen. Douglas Pritt also presented the 141<sup>st</sup> Medical Company (GA) with a plaque for all of their contributions and support to the 41<sup>st</sup> Brigade Combat Team during annual training 2004.



*Medics from the 141st load a patient into a waiting helicopter during their annual training. (Photo courtesy Capt. Anne-Marie Garcia, 141st)*



*Medics of the 141st, followed by an helicopter crew member, carry patients on stretchers to the tree line during their AT period. (Photo courtesy Capt. Anne-Marie Garcia, 141st)*



# Connecticut's infantry: more mission ready than ever

SPEC. JESSE J. STANLEY  
65<sup>TH</sup> PCH

On August 8, a year's worth of training culminated in the qualification of the Soldiers of the 1<sup>st</sup> Battalion 102<sup>nd</sup> Infantry in the Light Leader and Light Fighter courses. Their final formation marked the end of two long days in what was known as their "right of passage."

"This right of passage was more than 30 hours of continuous operations," Maj. Greg Thibodeau, 1/102<sup>nd</sup> Inf., said.

During this time the Soldiers honed their skills in assaulting barracks and trench lines and setting ambushes.

Each course had a different focus.

"The Light Leader course is usually for Soldiers E-5 and above," said Spec. Mike Zotti, who went through the course as an E-4. "It focused on moving platoon-sized and squad-sized units through battle zones and over obstacles. Each person in the squad got a chance to act as the leader."

"The Light Fighter course is a refresher on

basic infantry tactics and movement," Staff Sgt. Joseph Franklin, 1/102<sup>nd</sup> Infantry, said. "This included weapons familiarization and demolition. It was good training and it improved everyone's infantry skills."

"This training has refreshed our skills and made us ready for future deployments," Sgt. Major David Warner said. "We are ready to perform our mission."

"We are infantry," Lt. Col. Scott Simmons said. "Our mission is to close with and destroy the enemy over any terrain."

"It was a real battalion-unifying experience," Pvt. Brandon Husband said. "I really enjoyed training with everyone at once."

However, not everyone was there. During their formation there was an empty space in the battalion where the Charlie Company guidon once stood.

"Charlie Company's guidon is currently in Iraq," Warner said. "A rifle platoon from the company took it with them when they deployed."



*Being combat ready means making sure your equipment is combat ready. (Photo by Sgt. Jeff Austin, 65th PCH)*



*Soldiers of the 1st Battalion, 102nd Infantry had their comrades-in-arms in Charlie Company on their minds while undergoing the Light Leaders and Light Fighters Courses during annual training at Stones' Ranch Military Reservation. A rifle company of their fellow infantrymen is on active duty in Iraq. During the battalion's final formation, a empty space signified the guidon of Charlie Company. The Soldiers honed their skills in assaulting barracks and trench lines and setting ambushes, as well as working on their weapons skills during the two weeks. The culmination was the 30-hours continuous operation known as Light Leaders and Light Fighters. (Photo by Sgt. Jeff Austin, 65th PCH)*

## Connecticut National Guard's Family Program receives \$4,000 grant

PFC. JOSEPH BROOKS  
65<sup>TH</sup> PCH

The Connecticut National Guard's Family Program will soon be able to supply the Handy Person Hotline with the tools, equipment and materials it needs to serve the families of deployed Soldiers and Airmen. The hotline was awarded a grant for \$4,000 at "The Newman's Own Awards" ceremony that took place at the Pentagon's Hall of Heroes on Aug. 24.

For the fifth year, the ceremony awarded private and non-profit organizations for creativity and their ability to impact and improve military quality of life. Newman's Own, Fisher House Foundation, and Military Times Media Group sponsored the ceremony. The program challenged volunteer organizations to "Present an innovative plan to improve the quality of life for your military community and receive funding to carry out the plans."

Sixty-four entries were received from volunteer organizations and a panel of six judges evaluated each entry. The Handy Person Hotline was one of 16 volunteer organizations that received a share of more than \$50,000 that was awarded. Every organization that submitted an entry received a certificate of recognition from Paul Newman.

Sgt. Maj. Toby Cormier of the 85th Troop Command, Connecticut Army National Guard, started the Handy Person Hotline to assist the families of deployed guardsmen by relieving the stress caused by everyday household problems. Volunteers man the hotline and repair work is done either by volunteers or by competent businesses at no cost for labor. The hotline routinely handles issues that range from yard work to household repairs.

The hotline is available to all families of deployed Connecticut National Guard Soldiers and Airmen. Family members of deployed guardsmen can contact the hotline at (860) 209-0770.





# Focus: Strategic Communications leverage Army Story

SPEC. LORIE JEWELL

*(Editor's note: This is the eighth in a series of weekly articles on the 17 Army focus areas.)*

A Soldier tucks a plastic card displaying the Soldier's Creed and the Army values into his wallet.

At a school career fair, students pick up a brochure that describes our Army at war, and how it remains relevant and ready while moving from the current to future force. An action-filled video plays on a television screen, showing the Army's new Stryker infantry carriers on the move.

A senior leader tells the Army story to an audience of executives at a corporate function; a young sergeant shares his take on force stabilization at the family dinner table.

A grandmother surfing the web clicks on the Army's web site to learn more about her granddaughter's new duty station.

From small, ordinary gestures and everyday conversations to eye-catching promotional materials and tactical speeches, strategic communications is the method by which the Army delivers its messages to those in and out of uniform. It's one of 17 focus areas Army leaders have developed as a means for strengthening efforts to win the Global War on Terrorism.

"It's about communicating to our audience what's going on in the Army, and explaining it terms or concepts people can understand, so that they can be a part of achieving the goal," said Col. Nelson McCouch, who heads the strategic communications division in Office of the Chief of Public Affairs. "They can't support something if they don't know anything about it."

For example, a Soldier may hear the term "force stabilization" and, having read about it in a post newspaper, may understand it in more simple terms as "my family and I will stay in one place for longer periods of time."

"Expeditionary mindset" could translate into "I'm ready to go anywhere you need me to go, at any time, because I know I am well trained and my family is well taken care

of."

The role of OCPA's strategic communications is to develop and implement plans for getting internal and external media to support the Army's campaign plan with articles that explain what's going on, McCouch said.

There are two other 'legs' that support the effort to disseminate information – the Office of Congressional Legislative Liaison and the Office of Strategic Communications. OCLL's strategic communications team is responsible for making sure the Army's messages are delivered to legislators on the hill in a timely fashion, said Col. Wayne Sauer, who heads that office.

"The Army wants Congress to know what's going on so they can do something about it during the congressional cycle," Sauer said.

That involves working closely with congressional staffers. If legislators have questions on the Army budget, for example, OCLL makes sure they get answers. When newsworthy events happen – the Army's Comanche program being canceled, for instance – OCLL makes sure Congress knows about it before reading it in the newspaper, Sauer added.

"If they read something in the newspaper and the information doesn't match up, they already have our data on it," Sauer said.

In the Office of Strategic Communications, the mission to deliver the Army story is similar to OCPA.

Whereas OCPA focuses informing Soldiers, family members and the public at large through the media, STRATCOM's audience is expanded to target senior Army leaders – active and retired – business and social executives, and academic and think-tank representatives.

"We are trying to instill a culture of engagement so that everyone at all levels tells the Army story the same way," said Patti Benner, STRATCOM director.

Benner's department works to develop long-term themes and messages, and how to deliver them over time periods that range from months to five years. OCPA focuses more on getting information out according to daily and weekly news cycles, McCouch said.

How messages are delivered by OSC falls to its outreach program, headed by Kay Stephenson.

**From small, ordinary gestures and everyday conversations to eye-catching promotional materials and tactical speeches, strategic communications is the method by which the Army delivers its messages to those in and out of uniform.**

The program is tasked with building and strengthening relationships with national security decision makers or those with

influence; the private sector and not-for-profit organizations; and academic institutions and communities. Its mission also involves providing information to the Army family.

Anyone who gets the Army message, understands it, supports it and passes it along, in essence becomes a partner with the Army, Benner and Stephenson said.

"We are arming our Army ambassadors," Benner said.

As technology continues to drive everyday life, the Internet proves to be a reliable tool for giving Soldiers, their families and friends, and the general public anything they could possibly want or need to know about the Army, where it's heading and how it plans on getting there, said Lt. Col. Mark Wiggins, director of the Army's Web page (www.army.mil) and senior leaders' page, accessible to select personnel through Army Knowledge Online. The web site operates under the STRATCOM umbrella.

"Whatever has been released to the

public, it's on the Web site," Wiggins said. "It's the place all of our audiences come to read about the Army."

Careful thought goes into how all of that information is presented. This is a nation at war, so the main stories and photos will reflect that, Wiggins said. The lead photo will have a Soldier in it. Every effort is made to portray the joint effort of the war. Wiggins is proud of the fact that there are links to each of the other service branches on the home page of the Web site.

The Army has had a presence on the Internet since 1995. The site was last overhauled in 2001, around the same time the "Army of One" brand was introduced. It averages just over 4 million hits a month from more than 140 countries, he said.

"We pay close attention to third-party evaluations and we are routinely ranked in the top 1,000 Web sites in the world," Wiggins said. "When you have a global audience, you can't help but be strategic."

The ultimate success of strategic communications relies on all three departments working together to synchronize their efforts, officials said.

"The good news story in all of this is that with strategic communications, we have the methodology and plans to communicate to Army leaders, the Hill and the public what their Army is doing for America," Sauer said. "And that we're doing it in a very succinct and timely fashion."

(Editor's note: The Army's 17 immediate areas of focus include: The Soldier; The Bench; Combat Training Centers/Battle Command Training Program; Leader Development and Education; Army Aviation; Current to Future Force; The Network; Modularity; Active Component/ Reserve Component Balance; Force Stabilization; Actionable Intelligence; Installations as Flagships; Authorities, Responsibilities, and Accountability; Resource Processes; Strategic Communications; Joint Expeditionary Army with a Campaign-quality Capability; and Logistics. To view a brief synopsis of each area, visit The Way Ahead.)



## Postcards Home Greetings from Iraq



Members of Charlie Company, 102nd Infantry take time for a group photo during a sweep for rockets in their area of operations. From left: Sgt. Christian Mines, Spec. Jason Sirko, Spec. Matthew Dufour, 1st Lt. Rick Marshall and Sgt. Christopher Shary. Marshall wanted everyone to know the unit members are doing well. The unit has been in Iraq since April. (Photo courtesy of 1st Lt. Rick Marshall, Company C, 102nd Infantry)



# 118<sup>th</sup> Medical Battalion celebrates Father's Day in Iraq

1<sup>ST</sup> LT. ANTHONY FALVEY  
118<sup>TH</sup> MEDICAL BATTALION ASSISTANT S-4, BALAD

A Father's Day celebration was brilliantly planned, organized and well received by a majority of fathers from the 118<sup>th</sup> Medical Battalion. The 118<sup>th</sup> Medical Battalion, which operates out of Balad, provides medical support all across Iraq, including areas near Kuwait and in Turkey.

Fathers who were able to attend enjoyed a 'home-cooked meal' (consisting of Hawaiian ham, salmon cakes, Spanish rice, a medley of vegetables, chicken with penne pasta, an assortment of Italian cookies and ice cream-prepared by Sgt. Tanya Williams, Spc. Nadage Midy, Spc. Eunice Ramirez, Sgt. Rebecca Tindal, Capt. Valerie Smith and Capt. Lesbia Nieves) and an opportunity to relax and share conversations with other fathers throughout the battalion.

Staff Sgt. Norberto Torres and Staff Sgt. Edward Cubano are military fathers who share something in common. Both NCOs have sons who are also soldiers. Cubano, a father of four, said his son would be arriving in Iraq soon.

"I have mixed feelings of that- but I'm still very proud of him."

Torres, a father of five, has a son already in theatre stationed at Kirkuk.

"My son just became a father- so now I'm a grand-dad," grinned Torres.

The celebration also featured 'soon to be

fathers;' Pfc. Julian Russell and Spc. Orthnel Johnson. Both Soldiers discussed the anticipation of becoming a father.

"That's as soon as next month," said Russell. Name selection was another topic.

"I want my new son and me to have different names," said Johnson. "I'm Orthnel and he'll be Amir."

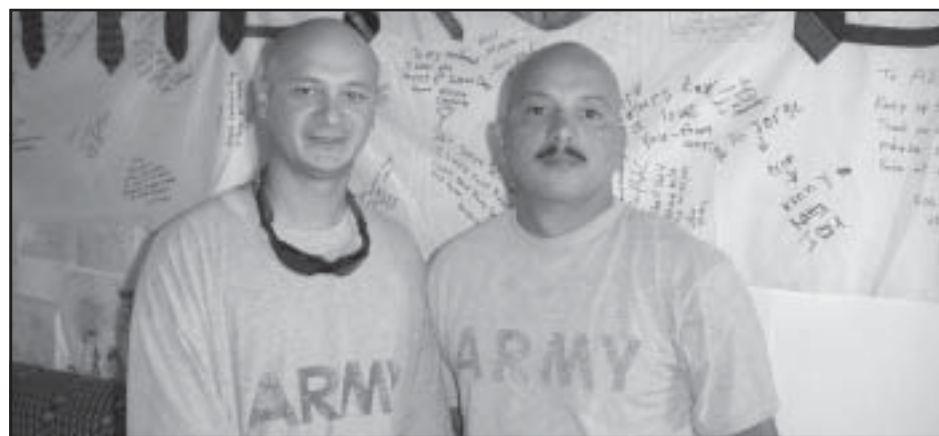
A father from Company A (Concord, MA), Capt. Scott Sallaway, was also present for the festivities. Sallaway, a father of four, is a Physician's Assistant specializing with Emergency Room Medicine.

Sallaway reflected about the poem that was read by Nieves during the father's day meal.

"The poem added to the positive moment of all the fathers being together," he said. The poem was written for the Battalion's Chief Maintenance Officer, Brian Erksen. His thirteen-year-old daughter, Melissa, wrote it. The poem shares a daughter's appreciation and coming to understand her father's responsibility as a Soldier. The Battalion Commander, Lt. Col. Robert Cody, then recognized and thanked all the Soldiers in the battalion for their contributions thus far with the battalion's mission in Iraq.

"We are one-third of the way through our mission and let's continue to do a great job," he said.

"It was nice to have a 'home-cooked meal' and sit back and reminisce with the other fathers," said Torres in closing.



Staff Sgt. Norberto Torres (Battalion Senior Mechanic) and Staff Sgt. Edward Cubano (Headquarters Company Supply NCO) stand in front of the Father's Day Banner.



'Soon to be fathers;' Pfc. Julian Russell (Battalion Patient Administration, S-3) and Spc. Orthnel Johnson (Battalion Medical Supply) stand in front of the Father's Day Banner.

## Greetings to CTNG from sunny Baghdad

MAJ. CHUCK STRONG  
NATIONAL GUARD LOGISTICS LIAISON OFFICER

It is a familiar scene: the Brigade S-4 comes to me and asks what do I do with the Up-Armored vehicles I got from the National Guard? We are redeploying and we don't want to take them home with us. Who do we give them to?

I don't know whom the original National Guard owner is, the bumper numbers have been changed at least once. Also the SINCGARS radios and radio mounts belong to a USAR unit and the gun mount belongs to APS (Army Propositioned Stock).

Another Soldier comes into our office and says I'm a National Guard Unit from Alabama we are redeploying in two weeks. We laterally transferred our vehicles to the 1 Cavalry Division back in February, how do we get the rest of our equipment back to Kuwait, and what are we going to train with back home when our equipment is still here in theater.

Or in the case of a MP Company, the HQ DA FRAGO says to designate the National Guard equipment as Stay Behind Equipment for a particular Active Duty unit. The MP unit is dispersed in three different areas across the theater and they hand receipt it to units in their areas not specified in the HQDA FRAGO. What do they do?

Scenes like these are commonplace everyday in the National Guard Liaison Office for Stay Behind Equipment and Asset Visibility. A master sergeant and I are

stationed at Camp Victory, Southwest Baghdad, with the Theater Property Book Officer for express purpose to keep asset visibility and accountability of National Guard assets designated as Stay Behind Equipment.

When it comes to mission capability and execution we are truly an Army of One, commanders and troops of all three components (AC, USAR and ARNG) will tell you all are professional and equally capable. In fact many Soldiers of the 1<sup>st</sup> Infantry Division wear the 30<sup>th</sup> BCT's (NC ARNG) unit patch as a Combat Patch to show respect and solidarity. But, when it comes to equipment we are an Army of Three. Each component owns its own equipment and thus it is all about the money when it comes to equipment needs here and in our home states.

In April 2004 I volunteered to deploy in support of the NGB logistics effort in Iraq. As an individual I mobilized out of the CONUS Replacement Center at Fort Bliss Texas. Five days of SPR processing, OPSEC and cultural briefings, first aid and NBC training the first 3 days, weapons qualification the fourth day, worldwide mobilization certification on Friday and then off to Kuwait for further reassignment.

The NGB Liaison Team at Camp Arifjan, Kuwait met me at the Kuwaiti international Airport. I picked up my theater security clearance, Individual Body Armor, my 9MM pistol and got on a C130 bound for Baghdad.

Like many of our Connecticut Guardsmen, I got off the plane in the blazing heat, sweating through my new DCUs while drinking water that would soon become another wave of sweat. A process that I would repeat hundreds of times.

The Baghdad NGB Team quickly integrated me into the team. There are six of us in the team. The six of us routinely travel around the Iraqi Theater meeting with National Guard Units, addressing their concerns and issues ranging from personnel, equipment and advice for follow-on units for subsequent OIF Rotations.

Twice I've had the privilege to visit the 118<sup>th</sup> ASMB, Connecticut's largest unit in the theater and the theater's most dispersed BN and headquartered in LSA Anaconda. They support units from Kuwait to Turkey.

From the Soldiers I've met, they are some of the best. They are proactive, ensuring there are medical assets available at a moments notice. They have responded to Soldier medical needs of mass casualty from mortar attacks to routine medical checkups. From the unit's commo guys, operations section, supply section to the mechanics they are working hard on our behalf keeping the force healthy and the equipment available. Connecticut citizens can be proud of them all. They are serving our country with distinction and without self-aggrandizement.

I hope in the days and weeks to come I'll meet our infantry platoon from the 1-102D



Maj. Chuck Strong of the Connecticut Army National Guard and an Iraqi National Guard Troop at LSA Anaconda's North Gate. Strong visited with the 118<sup>th</sup> Medical Battalion early in August and reports "Morale seemed to be great." (Photo courtesy of Maj. Chuck Strong)

Infantry Battalion. Finding units in the theater isn't always easy, especially a platoon size unit as mobile and seamlessly integrated in this Army of one as our Connecticut troops.



# Record of Connecticut Men in the War of Rebellion

*Editor's Note: This is the tenth monthly installment of the history of Connecticut's service in the Civil war, as published in the RECORD OF SERVICE OF CONNECTICUT MEN IN THE WAR OF REBELLION, 1861 TO 1865, from the History of the Second Connecticut Volunteers written by Gen. James B. Coit, Private IN Co. B. (Transcribed by Staff Sergeant Brett W. Wilson, Administrative Assistant to the USPFO for Connecticut)*

The First Connecticut Artillery, originally the Fourth Connecticut Volunteers, Infantry, was raised in the enthusiastic response to the first call (April 15, 1861) of President Lincoln for 75,000 men for three months. Its companies gathered at Hartford, expecting to be included among those accepted, but the State quota had been already more than filled. The call of May 3, 1861, for 42,000 men, required that enlistments should be for three years, and the regiment, after going into camp at Hartford, was reorganized for this period, and was mustered into the United States service by Colonel Loomis on May 22d and 23d. It is believed to have been the first three-years regiment of any State ready for field service.

The regiment was composed of men from all parts of Connecticut, but the companies were credited to towns as follows: Company A, Hartford; Company B, Ansonia and Derby; Company C, Suffield, Windsor Locks, and vicinity; Company D, New London; Company E, New Haven; Company F, New Haven; Company G, Middletown; Company H, Middletown; Company I, Wolcottville; Company K, Hartford; subsequently Company L was raised and credited to Hartford, and Company M to Bridgeport.

On June 10th the regiment left Hartford to join General Patterson's command at Chambersburg, and on June 12th was there brigaded with the First Wisconsin and Eleventh Pennsylvania. On June 17th it moved to Hagerstown to perform guard duty. On July 4th the left wing was detached to Williamsport to hold the ford of the Potomac; on August 9th it was relieved and ordered to Frederick City. On August 17th the right wing joined, and the regiment soon went into camp at White Oak Springs, near the city. On September 6th it was ordered to report to General Banks at Darnestown, where it was brigaded with the 13th Massachusetts, under General Hamilton. On September 9th Colonel Woodhouse resigned. Lieutenant-Colonel White was in command until September 26th, when Colonel Tyler joined. The regiment was ordered to Washington, beginning the march on October 2d, and while *en route* changed the State gray uniform for the army blue. On October 7th it camped near the Capitol, and on October 9th crossed the Potomac and went into camp for the winter, finishing and garrisoning Forts Richardson, Scott, and Barnard. On January 2, 1862, its organization was changed to artillery, with an aggregate of 1,839 officers and enlisted men. The new companies (L and M), with recruits for the rest of the regiment, arrived March 15th.

HISTORY OF THE FIRST REGIMENT C. V. HEAVY ARTILLERY (WRITTEN BY DR. T. BRIGGS, GEN. HENRY L. ABBOT, LATE COLONEL, FIRST C. V. HEAVY ARTILLERY)																
Casualties First Regiment C. V. Heavy Artillery																
	Field and Staff	A	B	C	D	E	F	G	H	I	K	L	M	Unassigned	Total	
Killed		4	1	1	2	2	1	2	1	5	8	3	1		31	
Fatally Wounded		5			5	1	2	1		4	4	1			23	
Wounded		3	2	2	10	3	6	11	1	8	7	11	4		68	
Captured	1	2	2		5	3	7	2	1	1	9	1			34	
Died in prison	1		1				1			1					4	
Died of disease	2	9	15	13	13	13	12	18	9	18	11	13	13	1	160	
Drowned			1	1		1									3	
Discharged for disability	1	37	25	27	40	14	35	29	24	26	22	17	14	1	311	
Unaccounted for at muster-out		1		2	2		4					1		2	13	
Total	5	61	47	46	77	37	68	63	36	63	61	47	32	4	647	

This winter was a very important one in its history. The most rigid discipline was enforced by Colonel Tyler and his training in every soldierly duty laid the foundation for that reputation which distinguished the First Connecticut Artillery during the rest of its term of service. Study of text books and drills in artillery and infantry tactics were unceasing.

On April 3d the regiment embarked for the Peninsula, arriving on April 11th at Cheeseman's Landing, near Yorktown, 1,400 strong. Here, with the Fifth New York it was detailed to serve the siege train. The following was the assignment to batteries: Company B to No. 1 (two 200-pounder and five 100-pounder Parrotts); Companies A and H to No. 2 (five 4 1/2-inch ordnance guns and five 30-pounder Parrotts); Companies F and G to No. 4 (ten 13-inch mortars); Company C to No. 6 (six 10-in mortars); Companies D and E to No. 9 (ten 10-inch mortars); and Company I to No. 10 (five 4 1/2 -inch ordnance guns). Much difficult work was performed in placing these guns in position. Battery No. 1 fired 141 shots with effect on April 30th and May 1st, 2d, and 3d; and all the others were ready to open on May 4th, when Yorktown was evacuated.

After re-embarking the material and leaving it in charge of Companies L and M, Colonel Tyler reported with ten companies to General Fitz-John Porter at White House on May 20th to serve as infantry. They were brigaded in Sykes's Division of the Fifth Corps, and were employed in reconnoissances, in destroying the means of crossing the Pamunkey, and at Hanover C. H. In following Stuart's cavalry raid in rear of the army they marched forty-two miles in thirty-seven hours, leading the

infantry column.

On June 2d General McClellan ordered a detachment to be made from the regiment to supply deficiencies in the regular batteries. One hundred and eighty-nine privates were detailed, from Company A, 12; B, 31; C, 42; D, 20; E, 4; F, 29; G, 21; H, 8; and from I, 22. They performed active and creditable service during the Peninsular campaign, and rejoined their regiment after its close. On June 20th Colonel Tyler was ordered to bring up five 4 1/2 -inch guns and five 30-pounder Parrotts. On June 24th they were in position near New Bridge, under Major Kellogg, served by Companies B, D, and F. On June 25th and 26th they fired effectively; and on the latter date were moved across the Chickahominy to Golding's farm, where, reinforced by two 10-pounder Whitworths served by Company I, they were heavily engaged on June 27th. On that night they were withdrawn; and, across White Oak Swamp, joined the rest of the train under Major Hemingway, consisting of two 8-inch howitzers, two 10-pounder Whitworths, and nine other heavy guns, which had been in position near Seven Pines and in depot at Orchard Station. The united train was moved to Turkey Bend, and during the night of June 30th Companies B, D, F, I, and K placed with great difficulty five 4 1/2 -inch ordnance guns, five 30-pounder Parrotts, two 8-inch howitzers, and two 10-pounder Whitworths in position on Malvern Hill. These guns were gallantly and effectively served in the great battle of July 1st, although, in addition to the fire of the enemy, the men suffered from a rear fire from our gun-boats, by which four men of

Company F were wounded, three mortally. During the following night the train was retired to Westover Landing.

In the artillery attack upon Harrison's Landing, on the night of August 1st, Companies A, H, and I replied promptly from five 30-pounder Parrotts and four 10-pounder Whitworths which had been placed in position on the river bank to repel an expected attack from ironclads.

The services of the regiment during this campaign were highly commended by General McClellan in his official report (Official Records of the War, Vol. XI, Part I). Out of twenty-six heavy guns brought from Yorktown, twenty-five arrived safely at Harrison's Landing; only one howitzer, of which the carriage was injured, was abandoned. This was accomplished "with mule teams constantly breaking down, driven by frightened civilian teamsters who deserted whenever the fire became heavy; frequently teams had to be pressed into service to replace those which had been exhausted by the labor of drawing the guns, and sometimes for miles the guns were drawn by hand by the different companies of the regiment." For this campaign the First Connecticut Artillery was authorized to place upon its colors: "Siege of Yorktown, Hanover C. H., Chickahominy, Games' Mills, and Malvern."

On August 12th the regiment embarked for Alexandria, where it was distributed in the defenses from Fort Scott to Fort Ward inclusive. Here it remained (except Companies B and M) until the campaign of 1864. Colonel Tyler was promoted on November 29, 1862, and was succeeded by Colonel Abbot on February 27, 1863. Except when the depot of the Army of the Potomac at Alexandria was threatened by raiding parties in the Gettysburg campaign, this was a season of comparative inaction; advantage was taken of it to thoroughly practice the regiment in the use of all kinds of field and siege guns and mortars, and in infantry drill, including the School of the Brigade. When it again took the field it was inferior neither in discipline nor efficiency to any regular regiment in service.

On December 5, 1862, Major Trumbull, with Company B, Captain Brooker, and Company M, Captain Pratt, was detached with seven 4 1/2 -inch guns for duty at Fredericksburg. They fired 357 rounds in the battle of that month. Subsequently the companies joined the Artillery Reserve of the Army of the Potomac at Falmouth, equipped as light artillery batteries of four 4 1/2 -inch siege guns. They followed the movements of the army during 1863, marching more than 500 miles. Company B was engaged at Fredericksburg in June,



# Connecticut Military Department News

## Governor's Horse Guard Horse show big success

### *Troop announces winners of July 25 Show*

2<sup>nd</sup> LT ROBERT DAHM  
SECOND CO. GOVERNOR'S HORSE GUARD

Sunday July 25 was a doubtful day weather wise, but the weather held out for a big turnout at the show, which resulted in a great fund-raiser for the Second Company Governor's Horse Show and it's charities.

Participants came from all over Connecticut including Fairfield, Bethel, Foxon, Madison, Simsbury, Cheshire, Prospect, Berlin, Milford and Newtown.

Competitors also arrived from New York and Massachusetts.

Spectators as well as riders complimented the Troop for putting on a great show. Riders felt the show was professionally conducted.

The Troop received many compliments regarding the riding rings which had been groomed to perfection.

Many of the competitors stated that they would return next year and many had participated in past shows.

Colorful Ribbons flowed throughout the grounds as horse and rider took many a ribbon home. Vendors and sponsors such as *The Barnyard* (a small barn manufacturer from Brookfield) were well received by the spectators and riders alike.

The Troop also had its own new and used Tack and Apparel Tent that did a nice bit of business.

Horse related arts and crafts were also sold by local craftsman.

Something new was added this year to the vendor area. The Horse Rescue Agency E.A.R.S. (Equine Angels Rescue Sanctuary)

was also on hand with a display of adoptable foals. Hopefully their exhibit will become part of every annual horse show as the many foals and mares up for adoption are in need of finding good homes.

For more information contact Frank Weller at 203-733-3576 or visit their website at: [www.foalrescue.com](http://www.foalrescue.com).

A Connecticut Horse Show Association event, the show was recognized by the Aabian Horse Club of Connecticut, the Connecticut Morgan Horse Association, the American Saddle Horse Association of Connecticut and the Connecticut Hunter/Jumper Association.

Receiving the Perpetual Trophy as the Amateur Morgan English Pleasure Champion was Jen Noel of Applegate Farm.

Receiving the Perpetual Trophy as the Quarter Horse Hunter Champion was Katie Krawitz of Cheshire.

Maj. Janis Arena, the Troop Commandant thanked all of the vendors, sponsors, spectators, participants and their families for making the show a big success and their continued support of the Troop.

The next big event coming at the Horse Guard is the annual Open House scheduled for August 15<sup>th</sup> from 10am-2pm.

There will be "pony rides" for the little ones, an historical display, guided barn tours, membership application information as well as a Mounted Cavalry Drill Demonstration including a "Musical Ride" with Lances and vendors will be on hand as well with horse related items for sale.

For more information contact 203-426-9246 or Capt. George Marks at: 203-371-5122.

### *First Company Governor's Foot Guard announces 2004 Soldier of the Year*

STAFF SGT. MICHAEL CONDON  
SGT. MARK BOUDREAU  
1<sup>st</sup> CO. GOVERNOR'S FOOT GUARD

Maj. Commandant Dennis Conroy announced that the 2004 Soldier of the Year for distinguished service to the First Company Governor's Foot Guard was awarded to Pfc. Charles L. Dortenzio from Southington.

The commendation sites Dortenzio as a dedicated, committed member of the First Company Governor's Foot Guard who gives freely of his time to its members and operation of the Company.

All tasks are undertaken and are accomplished with energy, enthusiasm and a goal of excellence.

Dortenzio serves as the rifle bearer on

the First Company Governor's Foot Guard Color Guard representing the Foot Guard in over 30 events during the past year. Dortenzio serves on the Enlisted Members Association and generously volunteers his time whenever asked.

During the recent deployment of troops serving the Connecticut National Guard, Dortenzio has set up a system for delivery of care packages to our troops.

Dortenzio serves with distinction and is a credit to himself, the First Company Governor's Foot Guard, the State Militia and the State of Connecticut.

The award was presented on July 29<sup>th</sup> in Wallingford during the combined drills of the Connecticut State Militia Units.



Receiving the Perpetual Trophy as the Quarter Horse Hunter Champion from Maj. Janis Arena is Katie Krawitz of Cheshire.



Connecticut State Representative Julia Wasserman receives a ride in one of the fine horse carts that competed in the driving classes.



# 'We Salute You' Troopers honor th



Sgt. Clark, a Massachusetts State Trooper, wowed the crowd gathered at the Aqua Turf with a moving rendition of the "National Anthem" and other patriotic and military songs before dinner was served. Clark travelled from Massachusetts to help honor the Connecticut State Troopers who had deployed as Guardsmen and Reservists in the Global War on Terror. (Photo by Pfc. Joseph Brooks, 65th PCH)

From Page 1

Governor M. Jodi Rell said she was honored to attend the event. "Thank you for your service to our great nation, and thank you for your families. The families are the ones who kept the home fires burning while you were away," she said.

During the dinner, a slide show picturing the Troopers overseas was shown. "We saw their loved one on the screen," said Rell.

"Our nation is grateful and indebted to you for what you've done for this country," said Rell.

commanding officer of the Connecticut National Guard, who said, "The president called and you came. He gave you a mission. You showed him the commitment of this organization – the Connecticut State Police. You showed him the employers," said Cugno.

Trooper and Air Force Reserve Lt. Col. Benjamin Pagoni spoke. "I look around this room and I see all the veterans," said Pagoni. "We're not heroes. We're Troopers. We do this for a living. We do this for our country."

Pagoni listed many of the acts of terror that have occurred over the years, including the Cole attack, 9/11, and said they all had one common denominator. "That's why we stay in. As Troopers, we don't tolerate crime. We don't tolerate crime in our country."

After a demonstration by the Connecticut State Police Drill Team, Trooper Matt McCullough of the Emergency Services Unit and the Connecticut National Guard, made a special presentation of an American flag that had been flown in Kandahar and Lynch, who said the flag would now be displayed at the state capitol.

"In direct opposition of a determined enemy, I carried this flag home," said McCullough.

"Once it was flown in Kandahar and then once, for nine days, it went with me to Ground Zero in New York," said McCullough.

Master of Ceremonies Brad Davis ended the evening by thanking everyone. "God bless you for caring enough for us to do what you do."

## 'We Salute You'

- BM2 Matthew Bell
- \*1st Lt. Vincent Bellizzi
- Staff Sgt. Alain Bisson
- Sgt. Bernard Cammaro
- Maj. Gary Cipoletta
- \*Staff Sgt. Andrea Cloutier
- Master Sgt. Eric Cooke
- Staff Sgt. Arthur Derderian
- \*1st Sgt. Robert Desjardin
- Capt. John Dickey
- Cpl. Kenneth Dillon
- Maj. George Doms
- PO2 Timothy Donahue
- Sgt. 1st Class Patrick English
- \*Staff Sgt. William Flynn
- IV3 Paul Gately

- \*Master Sgt. Ed
- \*Staff Sgt. Mich
- Sgt. Gerald Joha
- \*1st Sgt. Chaun
- Cpl. Gary Jones
- Staff Sgt. Micha
- \*Sgt. Kristophe
- 1st Sgt. David La
- \*Staff Sgt. Greg
- Master Sgt. Tim
- \*CW2 Matthew
- Capt. Scott Mey
- \*Staff Sgt. Mary
- Staff Sgt. Micha
- Lt. Col. Benjamin

\* Individuals marked with the asterisk are members of the Air National Guard



# their own for service to country

“unprecedented honorable event.

you for your service to our great state," she told the honorees. "I want to honor you have given us. And I want to say thank you to the men and women who served during this turning while you were deployed."

... was shown which drew cheers from families in the crowd as

done,” said Maj. Gen. William A. Cugno, adjutant general and had several Soldiers and Airmen being honored.

tion and you accomplished it. I'm especially pleased with the  
ce – you guys, Commissioner Leach, you have set the bar for all

oke on behalf of all the honorees.

oni, “but the persons who pay the biggest price are our families.

The heroes are our families. They are the ones who send us off

er the years: The Beirut bombing, the Pan Am bombing, the USS  
ator – Osama Bin Laden and Al Oaeda.

on our streets. As Guardsmen and Reservists, we don't tolerate

am, Col. Edward Lynch, commanding officer, made presentations  
e “in appreciation for commitment and dedication to your state

and a Chief Warrant Officer 2 in the Connecticut Army National Guard, was deployed to Iraq and Afghanistan to Commissioner Leonard Boyle's command of the Connecticut State Police Headquarters.

s flag for over 100 combat missions, except two times," said

days and 11 hours over an interrogation center. When I returned to the ship, I was met by the crew and the ship's doctor, Dr. Cullough as he handed the flag over.

anking the Troopers and their families.

”



*A table was set for the members of the Connecticut State Police who serve in the National Guard and Reserves and are still on deployment. Many of the several hundred attendees of the 'We Salute You' Dinner stopped by the table throughout the night to pay their tributes and to remember those who have fallen in the line of duty. (Photo by Pfc. Joseph Brooks, 65<sup>th</sup> PCH)*

## You' Honorees

Edward Gould  
Michael Hevey  
Manssen  
Jones

el Kowal  
r Lagor  
voie  
gory LeBeau  
othy Lehane  
McCullough  
ver  
y Muzzulin  
el Ostrowski  
n Pagoni

**\* 2<sup>nd</sup> Lt. Michael Reidy**  
**\* 1<sup>st</sup> Lt. Joseph Roden**  
**1<sup>st</sup> Sgt. Andre Roy**  
**Sgt. Maj. Regina Rush-Kittle**  
**Sgt. 1<sup>st</sup> Class James Scott**  
**\* Staff Sgt. Howard Smith**  
**Maj. Roccie Soscia**  
**\* Tech. Sgt. Matthew Spina**  
**\* Staff Sgt. Martin Sullivan**  
**BM2 Corey Sutherland**  
**Capt. Shawn Swarz**  
**Staff Sgt. John Thompson**  
**BM3 Christopher Villar**  
**\* 1<sup>st</sup> Lt. Dwight Washington**  
**Master Sgt. Richard Woods**  
**\* Master Sgt. Marc Youngquist**



*1<sup>st</sup> Sgt. Bob Desjardin, 248<sup>th</sup> Engineer Company, 1<sup>st</sup> Sgt. William Kittle, 208<sup>th</sup> Signal Co., Maj. General William A. Cugno, 1<sup>st</sup> Sgt. Chaun Jones, 143<sup>rd</sup> Military Police Company, Master Sgt. Marc Youngquist, 143<sup>rd</sup> Military Police Company enjoy a moment together at the 'We Salute You' Dinner. Desjardin, Jones and Youngquist all were honored by the Connecticut State Police for having deployed in the Global War on Terror. (Photo by Pfc. Joseph Brooks, 65<sup>th</sup> PCH)*

**are members of the Connecticut Army and National Guard**



# Connecticut Men

From Page 12

serving a 100-pounder Parrott, and at Wolf Run on November 30th. Company M was engaged at Fredericksburg in the battles of April, May, and June, at Kelley's Ford on November 7th, and at Mine Run. The use of such heavy guns with a marching army was an experiment, but they were never allowed to fall behind. The companies rejoined the regiment in April, 1864.

On April 20, 1864, Colonel Abbot was ordered by General Halleck to organize a large siege train upon a memorandum drawn up by General Hunt, Chief of Artillery of the Army of the Potomac. Captain Hatfield was detailed as its Ordnance Officer, and the material was essentially afloat by May 10th. At that date the regiment was ordered to report for temporary duty as infantry to General Butler, then advancing from Bermuda Hundred. It arrived on May 13th, 1,700 strong, and reinforced the Eighty-fifth

Pennsylvania in holding the line against an expected attack from the direction of Petersburg. On May 16th the Army of the James fell back to the entrenchments, and the First Connecticut Artillery was placed in charge of its siege guns, seventeen in number. From that date until the arrival of the Army of the Potomac, about a month, a heavy artillery fire prevailed along the lines, the regiment firing twenty five tons (1,971 rounds). There were three sharp combats - on May 20th, when a demonstration was made upon the position; on June 2d, when Company L, Captain Pride, stationed in advanced redoubt Dutton, repulsed an assault of the Twenty-second South Carolina, killing its colonel and taking a lieutenant and twenty-two enlisted men prisoners; and on June 21st, when the Confederate rams engaged our James River fleet and land batteries.

# Bush signs bill

From Page 1

The bill funds the on-going war on terror with \$25 billion in emergency appropriations to support current operations in Afghanistan and Iraq. "This money will buy more armored Humvees, more ammunition, more fuel, more spare parts," he said. "It will upgrade our helicopters with the latest equipment, allowing them to fly more safely in the dangerous theaters."

The bill also funds acquisition programs including the F/A-22 Raptor aircraft, more F/A-18E/F Hornets, guided-missile destroyers and C-17 airlifters. The bill also provides \$10 billion for ballistic missile defense programs. "Later this year, the first components of America's missile defense system will become operational," Bush said. "America and our allies face a deadly threat from ballistic missiles armed with the world's most dangerous weapons, and we will deploy the technologies necessary to protect our people."

The bill also funds the military of the future. "Our enemies are innovative and resourceful, and so are we," the president said. Just as terrorists never stop thinking about new

ways to harm the United States people, U.S. leaders never stop thinking about how to protect the nation and its people, he added.

Bush said recent breakthroughs have made warfare more precise, thus reducing battlefield casualties. "This bill continues that progress by funding the technologies that are changing the way we fight wars in order to keep the peace," he said. This includes the Army's Future Combat System, the Navy's Littoral Combat Ship, and the Air Force, Navy and Marine Corps Joint Strike Fighter. In addition, the bill funds a number of communications programs that will change the face of warfare and cement the U.S. lead.

Bush thanked members of both political parties for their help with the bill.

"The message is clear: In a time of conflict and challenge, America stands behind our military," he said. "By taking care of our service people in uniform, by addressing the threats of today, by preparing for the threats of tomorrow, this bill will help make America a safer place."

Related Site: Full Text of President Bush's Remarks [<http://www.whitehouse.gov/news/releases/2004/08/20040805-3.html>]

## Officers Club of Connecticut September

**Friday, Sept. 10**  
Permanent Commission on the Status of Women Lunch  
12 noon

**Monday, Sept. 13**  
House Committee Meeting  
2:30 p.m.

**Thursday, Sept. 16**  
MOAA Lunch  
12 noon

**Thursday, Sept. 16**  
Board of Governors Meeting  
5:30 p.m.

**Thursday, Sept. 16**  
Loyal Legion Dinner  
6 p.m.

**Friday, Sept. 17**  
Loyal Legion Lunch  
12 noon

**Friday, Sept. 17**  
Club Nite  
Beefeater Nite  
Dancing to Higher Ground  
6:30 p.m.

To book a party or event, call (860) 249-3624

OFFICERS CLUB OF CONNECTICUT

Presents

BEEFEATERS NIGHT

SEPTEMBER 17, 2004

COCKTAILS 6 - 7 PM DINNER 7 PM

Menu

Salads

Chopped Steakhouse Salad

Assorted Meat Salad Cottage Cheese w/Fresh Fruit

Entrees:

Roasted Steamship Round of Veal  
w/Wild Mushroom Sauce

Pepper Steak w/ White rice

Deep Fried Flounder w/ Tarter Sauce

Chicken Scampi w/ Penne Pasta



Herb Roasted Red Bliss Potatoes, Fresh Vegetable Medley

Mini Cheese Cakes w/ Fresh Berries Coffee, Tea

\$22.95 (plus tax & tip)

Dancing to the Music and  
singing of  
"Higher Ground"

Reservations (860) 249-3634





## Inspector General holds first of its kind Assistant IG course

**PFC. JOSEPH BROOKS**  
**65<sup>TH</sup> PCH**

The Office of the Inspector General and the Adjunct General developed a new program to assist battalion commanders and improve troop readiness. On Aug. 14, the first class of Assistant Inspector Generals (AIG) began their training.

The candidates attending the two-day course in Newington, Connecticut were the first in the nation to receive training in a new program that could become the standard in troop support.

Maj. Gen. William A. Cugno made a special appearance to welcome the first class AIGs and to present a commendation award for service to Capt. Nicole Karalli and Spc. Alexandra Robitaille. Karalli and Robitaille were honored for their hard work and dedication in preparing the instruction materials used for the innovative new program to train AIG's.

The two-day course is the first of its kind in the nation and is designed to train AIGs to assist battalion commanders with troop readiness issues. The State Inspector General, Col. Harvey Soefer, explained to the attendees the intent of the new program and the weight of responsibility their new position would carry.

"The purpose of the program is to expand access to all soldiers and to make the Inspector General's Office more available," explained Soefer.

He went on to explain that the role of an AIG has a limited scope. AIG's will not have authority to conduct inquiries or

investigations but will be in place to assist with issues such as payment, benefits, and support.

Battalion commanders were asked to select a primary and an alternate from among their senior NCOs and commissioned officers to attend the two-day course.

The candidates were instructed on the history of the Office of the Inspector General, the function of the inspector general, the duties of the AIG, and how to apply the lessons to assist their battalions.

The candidates were required to pass a test

on the second day of training before being allowed to take their oath as a new AIG.

"Connecticut is the only state to have tried this program so far," said Soefer. "The Department of Defense has committed to backing this program with funding and it may lead to full time AIG positions and more full time inspector generals."

Currently the AIG position is a part-time position within a battalion, but the graduates of the AIG training program may be eligible to attend the three-week IG training as full-time positions become available.



*Students attend the new Assistant Inspector General Course in Newington. The course is the first of its kind in the country and is designed to give company commanders an extra tool within their units. (Photo by Pfc. Joseph Brooks, 65th PCH)*

Twenty Third Annual  
SENIOR NONCOMMISSIONED OFFICER  
FORMAL DINING-IN

DATE:	7 October 2004 (Thursday Evening)
TIME:	1830 Hours
PLACE:	Aqua-Turf Club, Southington, Connecticut
COST:	FORTY DOLLARS (\$40.00)
ELIGIBILITY:	Noncommissioned Officers and Chief Petty Officers, E-7 and above. All eligible ABNG and ANG NCOs are expected to attend. CPOs are invited to attend. Retirees are most welcome.
UNIFORM:	Army Dress Blues with Bow Tie or Army Greens with white shirt and black bow tie. Appropriate attire for other services. Retirees may wear the uniform or a business suit as meets their desires.
HOST:	State Ceremonial Sergeant Major, Connecticut Army National Guard CSM Raymond P. Zastany, Jr.
GUEST SPEAKER:	CSM John J. Leonard, Jr. Senior Enlisted Adviser to Chief National Guard Bureau
APPLICATION DUE DATE:	Military Protocol requires prompt response (within 72 hours of receipt of flyer).

*No responses accepted after 25 September 2004*

The formal military dinner ceremony known as the "Dining-In" is an old and traditional military affair believed to have its origins in medieval England. The Dining-In is now recognized as an occasion to foster comraderie, tradition, and camaraderie within an organization and to emphasize their importance in the life of a service member. It is an excellent occasion to bid farewell to service members who have departed, to welcome new ones, and to recognize the achievements of military service and individual members. Please note the guest speaker!

The cost of the affair includes a full course dinner (main entree: Roast Prime Ribs of Beef, or a fish entree upon special request) and refreshments before and during dinner. A cash bar will be available after dinner. On receipt of your application, you will receive a mailing that will include specific uniform and protocol information.

The Aqua-Turf Club is located on Mulberry Street in Southington, Connecticut. It is a short distance from Routes 84, 691, 10, and 322.

Your support of the only Senior Noncommissioned Officer activity, the Dining-In, has been superb. It is requested that you continue to support this, your Dining-In, and continue the great tradition. Submit your application to attend as soon as possible after receipt of this notice. Early response enables the committee to better plan the Dining-In and make it a more enjoyable evening for all.

NOTE: Seating will be arranged with unit integrity or upon a specific request for tables of ten. Appropriate fines will be imposed for violations of the Mess. Cost of fines will range from \$1.00 to whatever is deemed appropriate by the President or Mister Vice.

We look forward to seeing you there!

## DETACH AND MAIL PORTION BETWEEN DOUBLE LINES

I will attend the Senior NCD Dining-In on 7 October 2004.

My check in the amount of \$40.00 is attached.

NAME	RANK
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UNIT \_\_\_\_\_

Indicate your preference for Fish in lieu of Roast Beef: \_\_\_\_\_

MAKE CHECKS PAYABLE TO: "CTANG Activities Fund"

Mail returns to: State Command Sergeant Major  
Connecticut National Guard  
National Guard Armory  
360 Broad St.  
Hartford, CT 06105-3795

PLEASE SPREAD THE WORD CONCERNING THE DINING-IN!

Let other E7s and above NCOs and CPOs, who have never attended, know about this grand affair. NCOs and CPOs make it happen!



# Military Matters



## Open season Federal Employee's Group Life Insurance

Federal Employee's Group Life Insurance, (FEGLI) will hold an open season beginning **1 September 2004 thru 30 September 2004**. This open season applies to all permanent and indefinite technicians. This is a great opportunity for technicians to increase or change their Life Insurance Coverage, especially those technicians who are getting close to their "five year window" for retirement. Retirees must have held FEGLI coverage for the five years immediately prior to retirement to continue coverage as an annuitant.

Technicians currently performing active military duty in support of a contingency operation will have the opportunity to enroll or change enrollment within 31 days after returning to technician duty status. Technicians called to active military duty after enrolling during the open season period will begin their coverage 4 Sept 2005

or later depending upon when they return to technician duty status.

Enrollment packages are scheduled to arrive in the Human Resources Office by the last week in August 2004. All necessary information will be enclosed in these packages and provided to technicians. **The election form contained in the package is the only form that will be accepted for open season change in FEGLI coverage.** All enrollment election forms must be received in the Human Resources Office by 30 September 2004. **There will be no exceptions.** Coverage will begin 4 Sept 2005.

If you are interested in this benefit or have any questions please contact the Human Resources Office, Employee Relations Section, at Kathie.Riccio@ct.ngb.army.mil (860)878-6735, or

Christine.Bartlett@ct.ngb.army.mil (860) 878-6739.

## Voting assistance for mobilizing, deployed Soldiers required by Federal Act

Each Federal department and agency with personnel covered by the Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA) is required to have a Voting Assistance Program.

Critical to the success of these programs are the Voting Assistance Officers (VAOs).

These individuals, in military or civilian life, are responsible for providing accurate, non-partisan voting information and assistance to those citizens attempting to exercise their Constitutional right to vote.

In fact, the knowledge and effectiveness of a VAO, combined with a thoroughly

implemented voting assistance plan, may very well determine whether a person will, or will not understand how to vote.

The U.S. Military has an extensive Chain-of-Command support mechanism for its VAOs. In addition, the Department of State offers voting services through its Embassies and Consulates to all U.S. citizens outside the United States.

At the same time, corporations and organizations with U.S. citizens overseas are strongly encouraged to designate and support Voting Assistance Officers.

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For more information on these or other programs, contact the HRO Soldier Airman Service Center in Newington at  
(860) 878-6713

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## Education Essentials: Army and Air National Guard Education Offices become 'Joint'

STAFF SGT. CHRISTOPHER COUTU  
103<sup>RD</sup> FW AIR BASE EDUCATION MANAGER

In the spirit of a Joint Force Headquarters, the Connecticut Army and Air National Guard education offices have "joined" together to provide you and/or your spouse greater flexibility in achieving your educational goals.

You have seen numerous articles from my Army National Guard (ARNG) colleagues, so I thought it was time I introduce myself and explain some of the services the Air National Guard (ANG) offers and how they could benefit you.

I am Staff Sgt. Christopher Coutu, the Base Education Manager for the 103d Fighter Wing, Bradley ANG Base, Connecticut Air National Guard. For the past two years I have enjoyed assisting the men and women of the Connecticut Air National Guard by helping to maximizing their educational benefits.

During my development in the Connecticut Air National Guard I focused on personal growth through education. Utilizing my military education credits and the various programs offered to me as a member of the Guard, I efficiently completed degrees including an Associate of Avionics Sciences, Associate of Training & Education, Bachelor of Management Information Systems, and Master of Business Administration.

Outside of education I stay active as the operational manager of Fitz-Sea, volunteering in my community, and as a

member of numerous Norwich committees. Fitz-Sea has enabled me to use my creative and leadership skills to manage resources, marketing, and people.

The Air National Guard Education Office is a certified stocking DANTES and CLEP testing center and can administer all DANTES and CLEP tests to members of the Connecticut Army and Air National Guard and their spouses. Yes, you read it correctly, and spouses. Tests are free and only require an appointment.

Our office has extensive experience assisting Airmen with obtaining credit for their military experience through The Community College of the Air Force, crediting work experience, combining credits earned from a variety of locations towards a degree granting program with institutions such as Charter Oak College, financial assistance through the Montgomery GI Bill, State Tuition Assistance, and Tuition Reimbursement programs, and as mentioned above, free DANTES and CLEP testing at the Bradley ANG Base and additional testing locations, and general course crediting information.

Jointly, the Connecticut Army and Air National Guard have formed an alliance with other military organizations including: the Air Force Reserve, Westover, Mass.; the Coast Guard Academy, New London; and the Naval Submarine Base, Groton. As our educational network continues to grow we are excited about the knowledge and experience we will gain which will improve our service to you.

To those in the Connecticut Air National

Guard, the Army National Guard Education Office team members are Maj. Pat Lopiano, 1st Lt. Paul Draper (full-time), and Sgt. 1<sup>st</sup> Class Linda Patnoad (full-time). They have established an outstanding program, with more than 2,000 Soldiers taking advantage of their benefits and services. They have experience with different degree granting institutions which may be better suited for your educational needs. I encourage you to contact them at any time.

To those in the Connecticut Army National Guard, call me at any time. Although I don't work full-time, I answer my voice mail and email routinely.

Each day I serve in the Connecticut National Guard I think to myself, "Today I have the opportunity to positively influence others." As a member of your educational support team I look forward to guiding, testing, and assisting you in any aspect of your educational journey!

Army National Guard  
Maj. Pat Lopiano  
Patrick.lopiano@ct.ngb.army.mil  
860-524-4816

1<sup>st</sup> Lt. Paul Draper  
paul.draper@ct.ngb.army.mil  
860-524-4816 (Full-time)  
Sgt. 1<sup>st</sup> Class Linda Patnoad  
Linda.patnoad@ct.ngb.army.mil  
860-524-4820 (Full-time)

Air National Guard  
Staff Sgt. Chris Coutu  
Christopher.coutu@ctbrad.ang.af.mil  
860-292-2568

### The Responsible Student

1. Schedules appointments with the counselor before the registration period and arrives on time.
2. Discusses long-range goals including educational goals and career aspirations.
3. Owns and is familiar with the school catalog and bulletin.
4. Is prepared for the counseling session (has identified questions or concerns, i.e., How do I select a major? What courses do I take first? What schools are in this area?)
5. Knows academic requirements for enrollment and graduation.
6. Knows and meets course prerequisites and selects specific course selections with counselor's aid.
7. Discovers what kind and number of courses and credits are needed for degree completion.
8. Asks questions about policies, procedures, or requirements that are not understood.
9. Keeps a plan of study for his/her major and reviews it with the counselor on a regular basis.
10. Obtains, completes, and processes all necessary forms and signatures required for registration, course changes, or related affairs within specific deadlines.
11. Discusses with the counselor the number of courses that can or should be taken per term.
12. Keep copies of all academic and monetary records.
13. Consults with the counselor with concerns related to academic progress, a change in program, courses to be taken at another institution, or withdrawal.
14. Handles academic matters him/herself rather than asking others to do it.
15. Makes final decisions and is actively responsible for his or her academic career.





CHIEF MASTER SGT.  
WANDA WAWRUCK

## Enlisted Update

### *Performance Feedback and Fitness*

Summer has come to a close, and many are returning to the classroom. As we adjust to the new season, a shift is required in supporting our members' future and adjusting our lifestyles.

In this article I will discuss the benefits of an effective Performance Feedback and the Fitness Program.

Performance Feedback is not new to members who joined our organization from the active service.

The purpose of feedback is to provide a periodic opportunity for a supervisor and subordinate to exchange information and promote motivation.

In addition, formal sessions should not detract from daily or monthly exchange of feedback on individual performance.

During these sessions, the supervisor should review the subordinates role as it relates to duty requirements, responsibilities, establish expectations, and provide constructive criticism on how those expectations are being met or not. Formal feedback should focus on three key elements:

- (1) Performance
- (2) Expectations, and
- (3) Career development plan.

Likewise, subordinates should have an opportunity to provide feedback on how they feel they are meeting standards and goals.

In short, feedback is essential to the growth of our force. The power of feedback opens the door to maximizing the effectiveness of our most valuable resource — our PEOPLE.

Thus, effective performance feedback will create improved performance and professional development of our members. I encourage everyone who has not received a formal feedback session to seek one. For more in depth information on the administrative aspects of Performance Feedback; refer to AR 623-205, AFPAM 36-2627, and ANGI 36-2627.

Effective Performance Feedback goes hand in hand with Fitness.

How so?

Studies have shown that individuals who are physically fit through aerobic activity and maintain a healthy lifestyle will have more pride in what they do and perform better.

Our Air Force and National Guard leadership have promoted the motto "Fit to Fight" for over a year to meet our increased tempo and readiness standards.

We are now entering the assessment phase of this program and for many...you are ready.

For the remainder, I am concerned for your well-being. A fit and healthier lifestyle is not just a requirement for military service but it is also something that you owe yourself and family.

Good health is a motivator and stabilizes your emotional being. For those who are not medically cleared, the step program will continue as the alternative assessment to the run. However, this method should be minimal and not the norm.

Secondly, those who are currently identified as having medical deficiencies should ensure they are recorded with the medical staff.

Medical deficiencies have created some issues for those attending skill level training and professional military education.

Although our staff is working these issues case-by-case, I encourage you to ensure your records are documented prior to departure.

I also encourage you to consult our medical staff for assistance in developing a fitness plan or seek other health advice that will assist in getting you on track.

Again, I encourage you to take the necessary steps to seek frequent feedback in an effort to reach your potential as well as continue your efforts in meeting our "Fit to Fight" standards.

I look forward to visiting with you and your families during the Family Day activities at Camp Rell.

## Guard Voices

### *A Guardsman speaks out*

As I head off to Baghdad for the final weeks of my stay in Iraq, I wanted to say thanks to all of you who did not believe the media. They have done a very poor job of covering everything that has happened.

I am sorry that I have not been able to visit all of you during my two week leave back home.

And just so you can rest at night knowing something is happening in Iraq that is noteworthy, I thought I would pass this on to you.

This is the list of things that has happened in Iraq recently (Please share it with your friends and compare it to the version that your paper is producing.)

\*The port of Uhm Qasar was renovated so grain can be off-loaded from ships faster.

\*The country had its first 2 billion barrel export of oil in August.

\*Over 4.5 million people have clean drinking water for the first time ever in Iraq.

\* The country now receives 2 times the electrical power it did before the war.

\* 100% of the hospitals are open and fully staffed, compared to 35% before the war.

\* Elections are taking place in every major city, and city councils are in place.

\* Sewer and water lines are installed in every major city

\* Over 60,000 police are patrolling the streets.

\* Over 100,000 Iraqi civil defense are securing the country.

\* Over 80,000 Iraqi soldiers are patrolling the streets side by side with US soldiers.

\* Over 400,000 people have telephones for the first time ever.

\* Students are taught field sanitation and hand washing techniques to prevent the spread of germs.

\* An interim constitution has been signed.

\* Girls are allowed to attend school.

\* Textbooks that don't mention Saddam are in the schools for the first time in 30 years.

Don't believe for one second that these people do not want us there. I have met many, many people from Iraq that want us there, and in a bad way. They say they will never see the freedoms we talk about but they hope their children will.

We are doing a good job in Iraq and I challenge anyone, anywhere to dispute me on these facts.

This soldier will set him straight.

RAY REYNOLDS, SFC  
IOWA ARMY NATIONAL GUARD  
234TH SIGNAL BATTALION

### *Retiree tips his hat*

I want you to know that I very much enjoy reading the Connecticut Guardian cover to the back page. Keep up the good work! Keeping "old guys" in the loop is a good thing for today's recruiters.

I served some thirteen years overall in the U.S. Army, the Connecticut Army National Guard and just recently in the 2nd Company Governors Horse Guard. Sometimes we who serve our commanders save our praise lest be termed "brown nosers." I have nothing to gain or lose by telling you that I have firsthand knowledge that the AG, State of Connecticut is a man the readers can be very proud of.

Maj. Gen. William A. Cugno is responsive, caring and firm in his convictions. Most commanders have an attitude of "but what have you done for me today?" I am impressed

that he cares as much about the troops of yesterday as he does about those serving today. Appreciation in the military is rare, so we are obliged to call him a rarity. Note too, his humanity in his initiatives he has made on behalf of the troops and families of those called up for federal service.

How lucky this state is to have found a Combat Veteran to lead its troops, one who inspires by his actions and sets a flawless example for his troops to follow.

I am a Disabled Veteran so I cannot salute the general, but my hat's off to him.

SINCERELY YOURS,  
ERIC P. MUTH

**Visit the  
Connecticut Guardian  
online at  
[www.ct.ngb.army.mil](http://www.ct.ngb.army.mil)**

Send Letters to the Editor to:  
Editor, Connecticut Guardian, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795  
or by email to: [ctguardian@ct.ngb.army.mil](mailto:ctguardian@ct.ngb.army.mil)  
All letters must be signed and include a phone number for verification. Letters may be edited for grammar, spelling and space, but not for content.



# Homefront

## In defense of Connecticut's children: Aviation Career Education

STAFF SGT. JEANENE MACDONALD  
DRUG DEMAND REDUCTION

After eleven years, the youth of Groton still get a rise from attending the Aviation Career Education (ACE) Camp.

From July 26 through 30 the Connecticut Army and Air National Guard, in conjunction with the Federal Aviation Administration (FAA), Department of Transportation (DOT), and the Groton City and Town Police Departments, combined efforts to host their eleventh annual ACE Camp for the youth of Groton.

Students from the ages of 11 through 14 spent the week learning about the various aviation career opportunities that are available to them if they lead a drug free lifestyle.

The week began at Groton City Hall where Mayor Dennis Popp welcomed students and parents at the opening ceremony.

The students then traveled to the Groton AVCRAD and were introduced to the history of flight, theory of flight, and the effects of weather on flight by FAA instructors.

Tuesday the students traveled to the 103<sup>d</sup> Fighter Wing, at Bradley Airport where they learned how to recognize and read flight instruments and how to plan a flight.

They also spent the day building model rockets and visiting the New England Air Museum.

Again on Wednesday the day was spent at the 103<sup>d</sup>

Fighter Wing where the students were given the opportunity to tour the base, talk to pilots, crew chiefs, and other guard personnel. The students were also given a tour of the Army Aviation Support Facility (AASF) and Bradley International Airport. During the tour they were taken directly onto the runway and shown the operations of the airport.

On Thursday the entire day was spent in the air. With the assistance of a pilot the students got hands on flight time in a Cessna flown out of the Groton-New London Airport.

The week ended with the firing of the rockets that were built on Tuesday and a small graduation ceremony where a two hundred dollar achievement award from the Aero Club of New England was awarded to the student who showed the best discipline, leadership and enthusiasm during the week.

This year the achievement award was presented to Karson Drain, of Groton, Conn.

The youth of Groton were introduced to many exciting career opportunities and positively influenced by dedicated volunteers.

With continued support and dedication like this, the ACE Camp hopes to continue their efforts in communicating the message of how important it is to remain drug free for many more years to come.

If you are interested in any programs the Connecticut National Guard Counterdrug Program has to offer call Capt. Anne-Marie Garcia at 860-493-2724.



## Chaplain's

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CHAPLAIN  
DAVID NUTT

New Year in September? Well, maybe not the champagne & confetti

type of New Year but a new year in the sense that vacations end, school begins, and the "normal" routine takes over.

The thing I like best about the "New Year" whether in September or January, is it gives us all a chance to start over.

## HAPPY NEW YEAR!

Now is a good time to take a look at your spiritual walk and see how you can walk closer to God. Consider the following to start your "New Year's" pilgrimage.

- Prayer—a good time to get into the habit of regular prayer. If a prayer discipline is new to you, start small...dedicate ten minutes of the day to prayer no matter what. If you are already praying, how about expanding your prayer time?

- Study—how about a bible study? How about reading a bible passage every day? It

doesn't have to be a formal study. You can start by just opening up the Bible and reading.

- Grace—simple but not easy. Grace as a practice means extending the benefit of the doubt and seeking reconciliation. It's doesn't mean waiting for the apology it means talking to the person and coming to an understanding; even if the understanding is to agree to disagree.

I hope the "New Year" brings with it new opportunities to help you walk closer with God.

## Handyperson Hotline for families and volunteers

Calling all soldiers and airmen, retirees or spouses.

Volunteer to donate some of your time and expertise to the CTNG Family Program's Handyperson Center. If you are a tradesman or an all around handyperson or a laborer, the Handyperson Center is looking for you!

E-mail your name, phone number skill, status (active, retired, spouse) and hometown to Sgt. Maj. Toby Cormier at toby.cormier@ct.ngb.army.mil or call (860) 209-0770.

The Handyperson Hotline is designed to reduce the stressors on the families of deployed soldiers and airmen by having everyday household problems diagnosed and repaired or referred to competent businesses at no cost for labor.

The program is also designed to get seasonal chores such as window air conditioners installed/removed, pools opened/closed, leaves removed, items brought to the dump and so on.

All of this can be performed by fellow Guardsmen, retirees or

spouses of Guardsmen who are willing to donate their time and expertise to this program.

Here's how the program works:

A deployed family member calls the Handyperson Hotline with a clogged drain.

The Hotline manager contacts a plumber from the Handyperson Database who will contact the family member and attempt to walk the person through correcting the problem (if possible.)

If not corrected, the Hotline will dispatch a qualified person (fellow Guardsman) to the house to correct the problem.

It is designed to give the deployed family somewhere to turn to keep the home operating smoothly without having to pay to get things done around the house that were normally done by the deployed soldier or airman.

To volunteer or for more information, call (860) 209-0770 today.

## HANDYPERSON HOTLINE

CALL  
(860)209-0770  
TODAY  
TO VOLUNTEER  
YOUR SKILLS





# Bradley Airmen jump right in, impress

STAFF SGT. CAROLYN A. ASELTON  
103<sup>RD</sup> FIGHTER WING PUBLIC AFFAIRS NCOIC

They might know how to build a bomb, launch a jet, or process paperwork, but when these nine Airmen took on Task Force Husky, they left those technical skills at home.

What the Connecticut Air National Guardsmen did take with them for their duty as civil engineering augmentees at Stone's Ranch Military Reservation was teamwork and can-do attitudes.

For two weeks, the Flying Yankees assisted 28 members of the 155<sup>th</sup> Civil Engineering Squadron, Nebraska Air National Guard, which had come to southeastern Connecticut for two weeks of annual training. It completed numerous projects that included plumbing, electrical, structural, survey, site preparation and ventilation work at this tactical training area.

During their first day on the job, Master Sgt. Victor T. Greenwood, first sergeant, 103<sup>rd</sup> Security Forces Squadron, and former civil engineer, taught the Connecticut Air National Guardsmen "block work" necessary to build shower stalls, one of the assigned tasks. The airmen learned how to mix mortar and set masonry block, Greenwood said, which is both a labor-intensive and cognitive task.

"They learned it really well, really fast and beat any timeline I would have ever thought they could have done," he said.

Instead of taking the full two weeks to

build the concrete block walls, Greenwood said the Flying Yankees finished early and moved on to two new jobs: painting the new shower walls to seal them for winter and building guard rails for an area perimeter.

The detachment commander took notice of the Airmen's hard work.

"If their whole unit [the 103<sup>rd</sup> Fighter Wing] is like this, I would take any of them," said Capt. Marna A. Neal, troop commander, 155<sup>th</sup> Civil Engineering Squadron deployed. "They put forth just as much, if not more, effort than our civil engineers have."

While taking a break from the demanding job of installing the 6-foot fence posts 4 feet into a freshly dug hole in the ground, Staff Sgt. Dennis Goggin, precision-guided munitions specialist, 103<sup>rd</sup> Maintenance Squadron, said he learned how to mix mortar, lay cement, and level and plumb blocks. He noted that the most challenging aspect of the two weeks was the physical demands, which were similar to his work in the bomb dump—long, hot days in the sun, heavy lifting, equipment noise, dirt and dust and lots of sweat.

"Just like in Ammo (munitions storage,) you learn from the guy that knows what he is doing, you pick it up, and then once you have it down, you teach the next guy," he said.

Senior Airman Thomas B. Silkowski, crew chief, 103<sup>rd</sup> Aircraft Maintenance Squadron, said he had never done masonry work before, and that it was certainly different from his work with aircraft. While building the shower walls and then painting them, he worked with

Airmen from different career fields.

"It has been nice to meet people from different parts of the base that I normally would not interact with," he said.

And as for people from a different part of the country, the 103<sup>rd</sup> definitely made an impression.

"I cannot properly express my appreciation for all the Bradley folks. They have done wonderfully," said Neal. "Our folks have exceeded my expectations, and

(Bradley) exceeded my expectations twice over."

Task Force Husky is a Connecticut National Guard program which invites other units to train here while accomplishing needed facility improvements.

Stone's Ranch is about 2,000 acres of multi-use tactical training area for the Connecticut National Guard. It is located a few miles southwest of Camp Rell.



After a one-day class in masonry, Airman 1<sup>st</sup> Class Jeremy C. Fisher, fuels journeyman, 103<sup>rd</sup> Logistics Readiness Squadron, and Staff Sgt. Meisha A. Nieves, personnel journeyman, 103<sup>rd</sup> Mission Support Flight, built and then used paint to seal shower stall walls at the military training facility. The two Airmen were part of a group of nine Flying Yankees which helped members of the 155<sup>th</sup> Civil Engineering Squadron, Nebraska Air National Guard, complete improvement projects at the reservation. (U.S. Air Force photo by Staff Sgt. Carolyn A. Aseltun)



Senior Airman Chad J. Butler, aerospace ground equipment craftsman, 103<sup>rd</sup> Maintenance Group, and Staff Sgt. Dennis Goggin, precision-guided munitions craftsman, 103<sup>rd</sup> Maintenance Squadron, keep things level while installing a post for a perimeter fence at the military training facility. Master Sgt. Victor T. Greenwood, first sergeant, 103<sup>rd</sup> Security Forces Squadron, provides guidance while Senior Master Sgt. David Page, civil engineer manager, 155<sup>th</sup> Civil Engineering Squadron, Nebraska Air National Guard, stands ready to assist. (U.S. Air Force photo by Staff Sgt. Carolyn A. Aseltun)



# Guarding Your Rights

## Legal Affairs: *Voting and your rights overseas*

CAPT. TIMOTHY TOMCHO  
JAG OFFICE

Armed Forces Voters Week (AFVW) began September 3 (September 3 - 11, 2004). AFVW is intended to highlight that all citizens voting under the Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA) who have not registered to vote or requested an absentee ballot this year, should do so immediately — if such citizen desires to vote in the election on November 3, 2004. Department of Defense policy encourages and aids voters under its jurisdiction to vote in elections. When practicable and compatible with operations, all deployed personnel will be given the opportunity to vote. If mail service is available to a deployed unit, Soldiers must be given opportunity/assistance to vote by absentee ballot.

Department of Defense Directive 1000.4, "Federal Voting Assistance Program" and Army Regulation 608-20, "Voting by Personnel of the Armed Forces," details a commander's duty to facilitate absentee voting by members of their commands. Specifically, commanders at company level and above will appoint an officer, who is already trained or will be trained, as voting officer or counselor. The officer appointed should be readily available and equipped to give personal aid to voters for federal, state, and local elections, which includes insuring that SFs 76 (Federal Post Card Registration Application and Absentee Ballot Request — "FPCA") are always

available. The FPCA is a postage-free postcard, for use by absentee voters covered by UOCAVA. You may obtain a FPCA from your unit Voting Assistance Officer or download one from <http://www.fvap.gov>.

To vote by absentee ballot, Soldiers must be registered to vote. To register and request an absentee ballot in Connecticut, send your completed FPCA to the local Town Clerk. The same FPCA may be used to register and apply for an absentee ballot. If you are already registered, send your FPCA to the local Town Clerk to request an absentee ballot. The local election official will send you a blank write-in absentee ballot, which includes a list of all candidates and questions on the ballot approximately 30 days before the primary election and approximately 45 days before the general election. Your voted ballot must arrive at the local election office before the close of polls on Election Day. Regular absentee ballots are available 21 days before the primary and 31 days before the general election. If you are outside the U.S. and you have not received your state ballot in a timely manner, you may also use the Federal Write-In Absentee Ballot — also available from your Voting Assistance Officer or the FVAP website.

As a matter of policy, the Army — and the other components of the Armed Forces of the United States — does not engage in activities associated with partisan political causes or candidates. Free and reasonable

discussion about political issues or candidates for public office is permissible, so long as such discussion does not conflict with duty, military codes or the Hatch Act. For example, no member of the Uniformed Services shall attempt to influence the vote of any other member. No member may require any member to march to any polling place or place of voting as proscribed under 18 U.S.C. 608 and 609. No person shall poll any member of the Armed Forces before or after he or she votes. If any such member is polled, that event shall be reported through the chain of command to the Director, Federal Voting Assistance Program. No Soldier will be required to vote (nor will they be required to prepare/submit an FPCA). Commanders must ensure compliance with section II, chapter 5, and appendixes A and B, Army Regulation 600-200, concerning political activities of military personnel.

During mobilization processing, the Connecticut National Guard Office of the Staff Judge Advocate advises deploying Guardsmen of absentee voting procedures. Commanders are also provided guidance on implementing voting assistance programs. Personnel with special voting requirement needs should be directed to consult with their Judge Advocate Legal Assistance Officer.



## NGACT: Working for you



WILLIAM CUSACK  
PRESIDENT

The National Guard Association of Connecticut is proud to announce the recipients of its 2004 Scholarships.

**Justin T. Krusko**, son of Maj. Tim Krusko, JFHQ-CT.

Justin is entering his sophomore year at the University of Dayton, in Dayton, Ohio. He is majoring in engineering and hopes to become a structural engineer upon graduation. Towards that end, he used his summer to complete an internship with a local architectural firm. Justin is a member of the university's pep band and travels extensively with some of their sport teams.

**Haley M. Ottenbreit** is the daughter of Col. Gary Ottenbreit, JFHQ-CT.

She graduated from North Branford High School as a member of their honor roll. She was also recognized with a Physical Fitness Award and a Community Service Award. Haley was a member of the school swim team, the yearbook committee, SADD, Americare, and other groups.

Haley will be starting her freshman year at Seton Hall University this fall. She will be majoring in business with an eye toward starting her own business in the fashion industry.

**Kiley Newton** is the daughter of our own President-Elect, Sgt. 1<sup>st</sup> Class Debbi Newton of JFHQ-CT. Debbi had to recuse herself when we considered Kiley's application.

Kiley is a senior, presently enrolled in a Digital Arts major at Naugatuck Valley Community College. She has worked with the Math and Digital Arts departments at NVCC and, also works as a stock clerk at a local grocery store. Kiley has also done some work for NGACT designing and printing invitations and brochures and developing video presentations for our annual conference, as well as for the 169<sup>th</sup> Leadership Regiment. She has never accepted any pay for these volunteer jobs. She also serves as the secretary of the new NGACT Auxiliary and is a charter lifetime member of that organization.

**Joyce Lozinski** is the daughter of recently retired CW4 Jim Lozinski, JFHQ-CT.

Joyce is very active in civic affairs in her community. She was successful in starting a petition drive to have portable classrooms installed at her middle school. She founded and is currently executive director of a non-profit organization called "Soldier Care Packages" which, as the name implies, sends care packages to our troops serving in Iraq and Afghanistan. She has interned at the State House of Representatives and is currently a member of the Newington Democratic Town Committee.

Joyce will be entering Dean College at Suffolk University in Franklin Mass this fall and will major in Political Science and Public Relations.

**Karl A. Cyr** is the son of retired Maj. Gerald J. Cyr.

Karl is a graduate of Windham High School and will be attending Harding University this fall. He was a member of his high school football, track and baseball teams. He works at a donut shop and is a member of the Boy Scouts and his church's youth group.



RONALD E. LEE, 1<sup>st</sup> SGT. (RET.) USAR  
CT-ESGR PUBLIC AFFAIRS CHAIRMAN

Terms like a "flying green banana", "an unbalanced washing machine" and just plain old "WOW!" were used by some of the twenty-seven employers, news representatives and state and town officials who were guests of the Connecticut Committee for Employer Support of the Guard and Reserve (CT-ESGR) after they arrived at Camp Rell following a CH-47B Chinook "BossLift" flight from the Rocky Hill Veteran's Home on Thursday, July 29.

CT-ESGR hosted the "BossLift" for these Connecticut participants in order to give them a glimpse at a small part of the military that many of their employees, co-workers, friends or associates may experience while they are away from their civilian jobs to serve in the uniformed armed services.

The day began with briefings held in the auditorium at the Connecticut Veterans' Home. Department of Veterans' Affairs Commissioner Linda Schwartz was introduced by

CT-ESGR State Chairman Lew Vasquez. She welcomed everyone then commented on the daily issues involving our armed forces, especially the National Guard and Reserve components and the connection

## ESGR hosts local Bosslift



between her department and Connecticut's veterans.

Commissioner Schwartz is highly committed to supporting the members of the Guard and Reserve as well as all of our military service members and the Connecticut Committee for Employer Support of the Guard and Reserve. It was through her efforts that

CT-ESGR was able to obtain office space in and utilize a state facility at 196 West Street, Rocky Hill for its headquarters along with the Connecticut Viet Nam Veterans Association and the Purple Heart Association.

A briefing from CT-ESGR Vice Chairman Bill Coffey gave an overview of ESGR and what the organization does to assist both service members and employers. It was then time to load onto the Chinook and receive a safety briefing before the doors closed and

the rotors began to spin. Soon the competent flight crew from Det 1, Co G, 104th Connecticut National Guard Army Support Facility, Windsor Locks, Conn. was underway for the short ride to Niantic.

After the participants departed the aircraft they were taken for a briefing and then into the Firearms Training Simulator (F.A.T.S.) building where they received another briefing and experienced first hand what it was like to fire an M-16 rifle or 9mm Beretta handgun. "Amazing!" was the common sentiment following this event.

After a barbeque lunch many of the participants wanted to know what they can do to assist the military and they were asked to consider signing a Statement of Support or volunteering to help the CT-ESGR in any number of ways. Most importantly, they were asked to support our military, especially the Guard and Reserve.

Following final briefings from Executive Director Tony Vallombroso, Public Affairs Chairman Ron Lee, and ESGR Program Support Coordinator Gary Thorstenson it was back onto the Chinook for the return flight to Rocky Hill. At the end of the day everyone was excited, impressed and everyone left with a positive outlook.

Mission accomplished!



## Inside OCS

# Mission: Successfully complete OCS Phase One

OC KEITH MORAN  
CLASS 50

My fellow classmates and I were well prepared for phase one of OCS. However, the two-week training period was certainly challenging both mentally and physically. Each day brought a new obstacle to overcome. Physically, the class participated in daily PT, one 5K road march and corrective training when necessary. Candidates also had to pass several classroom examinations, perform 26 CTT skills to standard, and pass a day and night land navigation test in the field.

Throughout the two weeks of training, every candidate had an opportunity to assume a leadership role, which was evaluated by the TAC staff. The evaluated positions varied from squad leader to

company commander. I had the opportunity to be a squad leader on day one. It was a great experience. My first mission was to locate my squad; candidates were arriving at various times from different states.

Once I accomplished this mission, I immediately identified two team leaders and began to work with them to organize and prepare for the days ahead.

When I finished my evaluated time period, I thought that I had done a fantastic job as squad leader. However, once I met with my evaluator he showed me all my deficiencies. There was much more that I should have done with my team leaders for the benefit and safety of my squad. It was an eye opening experience. It helped me learn the importance of delegating duties, and following up with subordinates.

As one might imagine, with such a busy training schedule there was no down time. Stress was a constant from day one; and it intensified; as the days got longer and the nights shorter. It was not long before candidates began to break under pressure. However, once we realized that teamwork was the key to survival, we began to depend on each other more and were able to successfully complete Phase one.

In the process of getting to know my fellow candidates from the northeast region, I was thrilled to see that in my platoon, six candidates had prior combat experience and many others with prior service.

Two candidates recently served in Afghanistan, fighting in the war on terror. One candidate was a former Marine with combat service in the first Gulf war, and

another candidate was a former Army Ranger. I found myself learning just as much from these candidates as I did from classroom instructors.

Completing two weeks of phase one is a very rewarding feeling. It was a challenge that myself and over 115 other candidates met. However, we all realize there are many challenges that lie in the road ahead. My fellow classmates and I will continue to drive on, eager to meet those challenges and emerge victorious.

*\* If you are interested in applying for a spot in OCS Class 51 and you have questions or would like further information please do not hesitate to contact OC Keith Moran at Keith.Moran@us.army.mil or (203) 687-5515.*

## Why Diversity?

### Hispanic Heritage Celebration

On Friday, Oct. 15, 2004, the Connecticut National Guard – in conjunction with the United States Postal Service will host its 2004 Hispanic Heritage Celebration in the Welte Auditorium on the Campus of Central Connecticut State University in New Britain, Conn. This event is scheduled to take place between 10:00 am and 12:00 pm.

This is a great opportunity to learn about and experience the Hispanic culture. We would like you to join us in this celebration.

The Distinguished guest for this year's event is Evelyn C. Mantilla, State Representative serving Hartford's 4<sup>th</sup> Assembly District. Also included is a cultural Hispanic musical presentation by Flamenco Guitarist Val Ramos.

The United States Postal Service will also have on display the Hispanic Heritage stamp series.

There will be a presentation of awards for winners of the "Recognition of Connecticut Hispanic Students in Academics" contest with a reception following the formal program, during which a sampling of an array of Hispanic foods will be offered.

Evelyn Mantilla was elected State Representative on February 1997 in a special election for Hartford's 4<sup>th</sup> Assembly District.

In 1998, Ms. Mantilla won re-election by an overwhelming margin and in 2000 she was elected to her third term. As an activist and legislature, Ms. Mantilla has actively fought for civil rights and social justice for all. She represents an urban district replete with residents of color, overwhelmingly of Latino/Puerto Rican

descent.

A well known community leader with 18 years of experience, Ms. Mantilla's committee memberships include Government Administration & Elections Committee, Labor Committee, Vice Chair, and Planning & Development Committee.

The cultural musical presentation will be by accomplished guitarist Val Ramos. Val Ramos has been playing Flamenco Guitar since the age of 14 when he began studies at the south Bronx Community Action Theater in New York City.

For 29 years he has performed as a soloist with his flamenco ensemble at venues such as International Festival of Arts and Ideas and the Music Festival in Connecticut.

He has also appeared in several television specials such as the Disney channels Coming On! Series (which was his first professional debut in 1985), and has also released three albums.

Most recently, Val has performed with the internationally renowned Puerto Rican singer/song writer and three-time Grammy nominee Danny Rivera.

The United States Postal Service will be displaying its Hispanic Heritage Stamp Series. The images on the stamps remind us of important events, great people, and significant places.

The United States Postal Service is pleased to present U.S. postage stamps that depict and commemorate Hispanic people, places, events, and history.

We encourage both military and civilian participation at this event, as it is open to the public. Please RSVP to Spec. Ivette Rosario at (860) 878-6721, by Monday, Oct. 11.

## Hispanic Heritage Celebration

Friday, October 15  
10 a.m. to 12 noon

Welte Auditorium  
Central Connecticut State University  
New Britain

Guest Speaker  
Evelyn C. Mantilla  
Hartford's 4th Assembly District

Cultural Entertainment provided by  
Flamenco Guitarist Val Ramos

Sponsored by the Connecticut National  
Guard and the United States Postal Service



Health & Fitness



What you need to know about vitamins

COL. FRANK DiNUCCI  
SAFETY & OCCUPATIONAL HEALTH MANAGER

Vitamins and minerals play an important role in maintaining proper body metabolism. This will be a two-part article, part one (this month) will be about vitamins. The next article (next month) will be about minerals.

According to the Austin National Research: “All natural vitamins are organic food substances found only in living things, that is, plants and animals.

With few exceptions the body cannot manufacture or synthesize vitamins. They must be supplied in the diet or in dietary supplements.

Vitamins are essential to normal functioning of our bodies. They are necessary for our growth, vitality, and general well being.”

However, too much of a good thing can cause unwanted results. Before taking any vitamins, you should consult with a qualified physician.

According to some physicians taking mega vitamins can cause an adverse reaction.

Vitamins are either fat-soluble or water-soluble. The body can store fat-soluble vitamins; water-soluble vitamins are not stored and need to be replaced daily.

Because fat-soluble vitamins can be stored the probability of over dosing is

greater with fat-soluble vitamins.

The fat-soluble vitamins are A, D, E, and K. The water-soluble are Vitamin B1, B2, B3, B5, B6, B9, B12, and H.

You can get more information by going on line and typing vitamins.

One word of caution when going on line some of the information you might get on the action of vitamins might not be scientifically proven.

Make sure you check out multiple resources before you come to a conclusion. Remember vitamins are supplements they should not be used to a replace a balance diet.

Most important, when planning to use vitamins you must consult with a qualified physician for guidance.

The following table gives a brief synopsis on vitamins.

Information contained in this article comes from the following sources:

Nutritional Supplement Packages web site: <https://www.nutritional-supplement-4u.com>

Austin Nutritional Research web site: [anrvitamins.com](http://anrvitamins.com)

The Vitamins & Nutrition Center web site: <http://www.vitamins-nutrition.org>

The author in no way endorses any of the above companies.

Vitamin (Recommended dosages may vary with body type and conditions.)	Food (These are just some of the foods)	Function (These are just some of the functions)	Deficiencies (These are just some of the deficiencies.)	Toxicity (These are just some of the toxicity.)
<b>Vitamin A</b> Beta Carotene Dosage: Men: 5000 IU* Women: 2700 IU*	Squash, carrots, liver, broccoli, leafy vegetables, fortified milk.	Helps increase vision, vision, helps strong bones teeth, and prevents hair loss.	Injured vision, reduce immunity, stunted growth in children, reduce hair replacement.	Impaired vision, diarrhea, irregular menstruation, pain in joints, liver damage, and loss of hair growth.
<b>Vitamin B1</b> Thiamine Dosage: Men: 1.2 mg+ Women: 1.1 mg+	Steel kidney-piver, Pork, fish, flower seeds, baked potato, enriched grains, dried beans, Panada.	Helps in treatment of berpes, carbohydrate metabolism and muscle coordination, nerve function, and corrective thyroid.	Depression, fatigue, loss of appetite, muscle cramps, and in extreme cases berberi (mostly in alcoholics).	Hypersensitivity resembling anaphylactic shock.
<b>Vitamin B2</b> Riboflavin Dosage: Men: 1.3 mg+ Women: 1.1 mg+	Beans, tea, spinach, eggs, milk, whole grains, liver, mixed vegetables, enriched breads.	Metabolism food for energy, normal growth and development, helps iron, B3, B6 function.	Fatigue, sores around mouth, nose, cracked tongue, and vision impairment.	Hypersensitivity resembling anaphylactic shock.
<b>Vitamin B3</b> Niacin Dosage: Men: 16 mg+ Women: 14 mg+	Tuna, turkey, chicken, cornflakes, peanuts, potatoes, salmon, pork, enriched grains.	Decreases cholesterol and triglycerides in blood. Helps to maintain healthy digestive tract.	Dermatitis of hands face, fatigue, in extreme cases pellagra.	Diabetes, nausea, flushing, fatigue.
<b>Vitamin B5</b> Pantoic Acid Dosage: Men: 2.5 mg+ Women: 2.3 mg+	Bananas, meats, peas, cauliflower seeds, lobster, liver, legumes, whole grain cereals.	Helps release food energy, normal growth & development, needed to help with regulate nerve function.	Possible fatigue, sleep disturbances.	Hypersensitivity resembling anaphylactic shock.
<b>Vitamin B6</b> Pyridoxine Dosage: Men: 2.3 mg+ Women: 1.5 mg+	Potato, bananas, salmon, chicken, broccoli, spinach.	Helps red blood cell formation, nerve and brain function, helps with sleeping.	Nervousness, fatigue, confusion, over-sensitivity, scaling skin, irritability.	Nerve damage.
<b>Vitamin B9</b> Folic Acid Dosage: Men: 400 mg+ Women: 400 mg+	Citrus, green leafy vegetables, beans, organ meats, sprouts, beans, whole grains.	Formation of red blood cells, helps in manufacturing of genetic material and protein.	Anemia, impaired cell separation, gastric distress, diarrhea.	In large doses loss of appetite, nausea, fluency, alcoholism distention, folic crystals in kidney.
<b>Vitamin B12</b> Cyanocobalamin Dosage: Men: 2.4 mg# Women: 2.4 mg#	Eggs dairy products, herring, flounder, beef liver, beef, liverwurst, cybers, mussels, clams.	Builds genetic material, metabolism sermo and fatty acids, formation of red blood cells.	Pernicious anemia, nerve damage, may cause in strict vegetarians, elderly or malabsorption disorder.	Hypersensitivity resembling anaphylactic shock.
<b>Vitamin C</b> Ascorbic Acid Dosage: Men: 40 mg+ Women: 30 mg+	Citrus fruit, Green peppers, strawberries.	Helps strengthen cells, antioxidant, helps in absorption of iron.	Muscle weakness, swollen and bleeding gums, loss of teeth, scurvy, easy bruising.	Headache increased urination, abdominal cramps, diarrhea, flushed face.
<b>Vitamin D</b> Cholecalciferol Dosage: Men: 200 IU* Women: 150 IU*	Seafood, Tuna, egg yolk, milk.	Helps build strong teeth and bones, helps with calcium absorption. Helps maintain immune system.	Osteoporosis, bone pain, rickets in children, muscle weakness.	Hypertension, irregular heart beat, weight loss, nausea, seizures, calcium deposits in organs, renal damage.
<b>Vitamin E</b> Tocopherol Dosage: Men: 15 IU* Women: 8 IU*	Seafood seeds, walnuts, Corn, butter, soybeans, brown rice, wheat germ.	Ant blood clotting agent, Preserves fatty acids, Antioxidant.	Nerve abnormalities, Infant irritability, scurvy, fluid retention.	Unknown

<b>Vitamin K</b> Phytonadione Dosage: Men: 80 mcg# Women: 65 mcg#	Green Vegetables, cheddar cheese, liver, turkey, guinea, seaweed, broccoli.	Kidney function, blood clotting agent.	Clotting time, easy bruising.	Infant brain damage, jaundice in infants.
<b>Vitamin H</b> Biotin Dosage: Men: 30 mcg# Women: 20 mcg#	Almonds, cheese, egg yolk, peanut butter, sunflower, brown rice, oat bran, salmon, liver.	Helps in formation of certain fatty acids, essential in the functions of protein metabolism.	Acrodermatitis, rashes, vomiting, anemia, muscle pain, dermatitis.	Hypersensitivity resembling anaphylactic shock.
<b>Vitamin P</b> Bioflavonoids Dosage: No daily Recommended	Apples, grapes, leucocyan, and wine, tomatoes, onions, green tea, broccoli.	Promotes blood vessel health, anti-inflammatory properties acting against histamines, prevents plaques in vessels.	Unknown	Unknown

Fit for Life: Marathon becomes official Air Force event

BRETT TURNER  
88TH AIR BASE WING PUBLIC AFFAIRS

The U.S. Air Force Marathon has been flying high for eight years and Air Force Services “The official endorsement has always been kind of understood, it’s just never been written formally; now it will be,” said Steve Carlyon, the 88th Mission Support Group’s services division director here. “This is just part of the evolution of the Air Force Marathon.”

The marathon was initiated in 1997 as the base’s tribute to the 50th anniversary of the Air Force. It is run on the third Saturday in September each year in recognition of the anniversary.

Event officials said the Air Force Marathon offers unique touches to make the experience stand out for all participants, not just competitive runners. For instance, aid stations along the course and volunteers being involved are event hallmarks.

It also differs in that it is run through much of the base, as well as through such historic sites as the U.S. Air Force Museum and the area where the Wright Brothers made early experimental flights.

Also, participants are given eight hours to complete the course, which is more time than other marathons permit.

Although the 26.2-mile marathon is the main focus, there is more to the event, Carlyon said. Also offered are a 13.1-mile half marathon race; a four-person relay race (26.2-miles with team members running different parts of the course); a 5k race (3.1 miles); and a 26.2-mile wheelchair race.

In recent years, the Air Force Marathon has drawn more involvement, according to Carlyon. A record 3,500 people participated last year, while about 7,000 others volunteered or were spectators.

“We want to grow the event and make it bigger, and (so we) needed to put an endorsement on it,” he said. “Our vision is

to attract 20,000 runners.

“Becoming the official Air Force Marathon brings that credibility to it. Plus it ties in resources from the Air Force Services Agency for marketing and promotional support; it ties in resources from public affairs and other areas, and brings us up to that next step.”

One of the steps will be tying the marathon into the Air Force’s official calendar of sporting events. This could entice more athletes to participate.

Another potential boost will be in drawing name runners to the event. Unlike many major sports, runners here may be able to compete alongside top professional runners.

Carlyon said the upside to this would be competitors could see how they compared to a world-class runner at various mile markers, and those top marathoners would be available to speak to competitors and offer tips.

The Air Force Marathon is already a qualifying race for such world renowned races as the Boston Marathon and the New York Marathon.

The Air Force Marathon is not just open to military people but the general public as well. It is an open event.

Even though much of it is run on a military base, anybody who enters will be allowed to participate, regardless of age. A new awards category was added this year to recognize runners age 12 and younger in the 5k race.

A question Carlyon hears periodically concerns leave for active-duty people. He said permissive temporary duty is authorized, entitling individuals to submit a request through their commander in lieu of taking leave. All lodging and other expenses are the individual’s responsibility.

For more information, call DSN 787-4350, commercial (937) 257-4350 or (800) 467-1823, or go online to <http://afmarathon.wpafb.af.mil>.



# Rain clears: *Thousands visit open house*

STAFF SGT. CAROLYN A. ASELTON  
103<sup>RD</sup> FIGHTER WING PUBLIC AFFAIRS

About 15 Marines huddled in the dryness of a gazebo adjacent to the flightline waiting for the rain to relent. They had arrived two days earlier with their Harrier jets from Yuma, Ariz., for Bradley's Space and Aviation Day on base June 26.

After an hour, the rain let up to drizzle, and then stopped, and the public came by the thousands to tour the different aircraft parked on the ramp.

One visitor, Julie Barber, of Glastonbury, said she comes to base as often as she can to show support for the military. The sixth grade teacher said she likes to learn about those who protect her state and country.

"I love touring the planes and imagining what it might be like working in such an environment, as it is so different from mine," she said, as she walked through the cargo compartment of a C-5.

For some, it was their first stint with aircraft open to the public, like Airman 1<sup>st</sup> Class Matthew J. Shields, C-17 loadmaster, 15<sup>th</sup> Airlift Squadron, Charleston Air Force Base, S.C.

He spent the day answering visitor's questions about his job balancing the weight of the cargo on the plane, the C-17 itself and its mission. Common questions, he said, were about how much fuel his aircraft carried, what kind of cargo it carried, how fast could it go, and where it could land.

The experience was "awesome," he said. "The people are very nice." Shields added that he would definitely like to work another open house or air show in the future.

Barber took a minute to speak briefly with Shields as they stood on the aft ramp of the C-17.

"I think the war has made it crucial for me to show support as well as teach my students to value military members," she said. "I feel (not all students) are educated in what our different military branches do and how they risk their lives daily so that we may be protected."

Space and Aviation Day consists of three venues: Bradley Air National Guard Base, the Connecticut Fire Museum and the New England Air Museum. Money raised is donated to the Hole in the Wall Gang Camp in Northeastern Connecticut. The camp is a non-profit residential camp for seriously ill children, founded by Paul Newman in 1988, according to its Web site.

Other visiting aircraft joining Connecticut A-10s on display included a B-52, C-130, KC-135, F-15 and vintage aircraft. The state police had a K-9 unit and seatbelt convincer demonstrations at the open house.



Standing with a Harrier jet from Yuma Marine Corp Air Station, Ariz., Marine Sgt. Bill Blochwiak talks about the aircraft with Space and Aviation Day visitors. (U.S. Air Force photo by Staff Sgt. Carolyn A. Aselton)



Airman 1st Class Matthew J. Shields answers questions about the cargo area of a C-17 Globemaster III during Space and Aviation Day on base June 26. Shields is a loadmaster with the 15th Airlift Squadron from Charleston Air Force Base, S.C. (U.S. Air Force photo by Staff Sgt. Carolyn A. Aselton)



## A chance meeting in Iraq

Postcards Home



1st Lt. Rick Marshall of Company C, 1st Battalion, 102nd Infantry, meets up with Lt. Col. Robert Cody of the 118th Medical Battalion, in Iraq. Both are with Connecticut Army National Guard units deployed in the Global War on Terror. (Photo courtesy of Lt. Col. Robert Cody)



# Retirees' Voice

## Looking at Medicare Part B and TRICARE

Sgt. 1st Class (Ret.) John Bednarz

Some older retirees did not sign up for Medicare Part B when they first became eligible, for one reason or another, most because TRICARE-for-Life was not around and they had other insurance. They then enrolled when TRICARE-for-Life came into effect hoping to reduce their out of pocket costs. They then found that they were charged a monthly late fee for filing late.

A hoped for \$66.00 became \$119.90 per month. Others did not enroll in Part B because they knew of the late fee. They soon will receive a letter, if they have not already, explaining how they will not be penalized if they enroll and those that did enroll, will be refunded the late fees that they paid this calendar year.

The Medicare Prescription Drug, Improvement and Modernization Act of 2003 waived the late enrollment fees for those military retirees and their families. In an article from *Army Times*, from the years 2001 to 2003, some 18,700 eligible family members or sponsors enrolled in Part B and are paying late fees. Another 9,174 enrolled this year, although they were eligible previously, according to TRICARE officials.

Some retirees who did not enroll in Part B will be automatically enrolled in Medicare Part B, but will have the right to refuse it. If you are paying late fees for Medicare Part B and don't receive a letter sometime this fall (they gave no specific dates) give a call to TRICARE or to your Social Security office.

If you were thinking of taking advantage of TRICARE-for Life by enrolling in Part B and were previously eligible, you need not worry about late fees.

While I am talking about medical items I

ran across an article on TRICARE-for-Life Pharmacy benefits. Of course many retirees take advantage of the Military Treatment Facilities (MTF) such as the Submarine Base, which requires no co-pays. Others may be (although I haven't talked to any one who has) using the TRICARE Mail Order Pharmacy (TMOP), which has a co-pay of \$3.00 for a generic drug, \$9.00 for formulary (Name Brand) drugs and \$22.00 for Non-formulary medications.

What caught my eye was the new (as of June 1, 2004) TRICARE Retail Pharmacy Program (TRRx), which has the same co-pays as the mail order plan above.

This program has a nationwide network of 53,000 retail pharmacies. If you're too far from a MTF and/or you travel a lot, say between Connecticut and Florida for instance, you should have a participating pharmacy nearby. Just for Ha-Ha's I checked on the TRICARE website for pharmacies near me. In a 15 mile radius of my home in Portland I got a list of 20 pharmacies that participate, including the one I use, and the list had a note which says it limits the list to 20, and there may be other participating pharmacies in my area. The article noted that a prescription and your Military ID Card should be presented and also a 'Pharmacy Information Card' to help the Pharmacist process your claim. It gave no information on how you get the 'Pharmacy Information Card'. For the answer to that question and for further information on the retail pharmacy program call 1-866-363-8779.

If you have other insurance, which has a pharmacy benefit, like myself, or go to a non-participating retail pharmacy you can send in a TRICARE claim form to be reimbursed for your out of pocket expenses.

## Do you know these guys?



Battery A and B, 1st Missile Bn., 192nd Artillery in Sept. 1959 before Nike Ajax Fire Control Systems Maintenance Course. (Photo courtesy CW 4 (Ret.) Bill Lewis)

If you have a picture of historical nature to share with our readers, email if possible to [debby.newton@ct.ngb.army.mil](mailto:debby.newton@ct.ngb.army.mil) or mail to Sgt. 1st Class Debby Newton, Public Affairs Office, National Guard Armory, 360 Broad Street, Hartford, CT 06105-3795.



*Congresswoman Nancy L. Johnson*

*invites all veterans and their families to a*

**Veterans Town Meeting**

*with*

**Anthony J. Principi**

*Secretary of Veterans Affairs*

**September 10, 2004**

**10 AM - 11:30 AM**

*(Doors open at 9 a.m.)*

**VFW Post 511  
41 Veterans Drive  
New Britain, Connecticut**

*For more information please call:  
203-573-1418 or 860-223-8412*





# New cartoon debuts in *Guardian*

The Connecticut Guardian is proud to debut "2nd Louie" in its pages this month. The cartoon is the creative genius of Bob Rosenburgh, the Public Affairs Officer of the 4th ROTC Region, Washington.

He has already produced dozens of these lighthearted looks at life in uniform, and we about about a dozen of them on file already.

We are glad to add 2nd Louie to our already popular Pvt. Murphy series. Let us know what you think by emailing us at [CTGuardian@ct.ngb.army.mil](mailto:CTGuardian@ct.ngb.army.mil)

Our thanks to Sgt. Maj. (Ret.) Gary Beylickjian, Army Newspapers, Office of the Chief of Public Affairs, Department of the Army for turning us on to 2nd Louie.

Beginning next month, 2nd Louie will appear on the same page as Pvt. Murphy.



## Coming Events

### September

#### September 11

Family Day/Welcome Home  
Camp Rowland

#### September 14-16

NGAUS General Conference  
Las Vegas, Nevada

#### September 22

Connecticut Day at the Big E

### October

#### October 7

Senior NCO Dining In  
Aqua Turf, Southington

#### October 8

NGACT VIP Breakfast Reception

#### October 8

Technician Picnic

#### October 11

Columbus Day

#### October 15

Hispanic Heritage Celebration

#### October 31

Halloween

### November

#### November 2

Election Day

#### November 7

Veterans' Day Parade  
Hartford

#### November 11

Veteran's Day

#### November 25

Thanksgiving

## In future issues

9/11 Welcome Home

Units Return to Drilling Status

GWOT/Vietnam Veterans

NIKE Reunion

Deadline for submissions is the 15th of the month previous to publication.



# OEM conducts multi-agency drill while on actual 24/7 emergency operations

From Page 1

Decisions are then made as to how long the area should be evacuated for, if food needs to be destroyed or disposed of and if drinking water is safe.

“More than 100 people from more than ten agencies staffed the state Emergency Operation Center in addition to the ten

towns with all their staff there were more than 300 people involved in this exercise,” said Mary Rose Duberek, Emergency Preparedness Program Specialist.

The Connecticut National Guard participated in this drill and will be involved in the federal exercise. It’s role in such an emergency is to coordinate transportation resources that are requested by the towns to

support their evacuation needs, map the Millstone emergency planning zone, evacuation and relocation areas and the plume pathway, restrict access to the contaminated areas, and provide security to prevent looting and vandalism.

“We see how affective the OEM is at delivering information and answering questions,” said Walter Bach, Millstone Nuclear Specialist and mock reporter/controller. “Is the message they are trying to put out received?”

“ I keep the National Guard abreast of what is going

**“There are no major difficulties in doing this drill while already being on alert.”**

*Sgt. 1st Class Robert Borden*

on here during an emergency,” said Sgt 1<sup>st</sup> Class Robert Borden, Operations. “There are no major difficulties in doing this drill while already being on alert.”

The Emergency Operation Center was also staffed with people from many other agencies during the drill. There were people from the Department of Environmental Protection, Department of Public Health, State Police, Department of Agriculture, Department of Consumer Protection, Department of Transportation, U.S. Coast Guard and the American Red Cross.

Controllers and evaluators, who are also experts in relevant fields, played the rolls of media asking questions in mock press conferences that took place during the course of the exercise.

exercise.

“It helps the OEM to know how to field questions from reporters and gives the students experience in how to do a press conference,” Sue Bradley, CSB instructor.

More than 800 items will be evaluated in the actual exercise in six different areas. Emergency operations management, protective action: decision making, protective action: implementation, field measurement and analysis, emergency notification and public information, and support operations and facilities.

“We use the rehearsal as another opportunity to train individuals to prepare for the exercise,” said Duberek. “Training occurs throughout the year, but this ties it all together.”



Before stepping into the van to travel to the test site, Ryan Tetreault, Department of Health Drinking Water Division, tests the Geiger counter he will use to check radiation levels near the ground at the test site during the OEM exercise. (Photo by Spec. Jesse Stanley, 65<sup>th</sup> PCH)

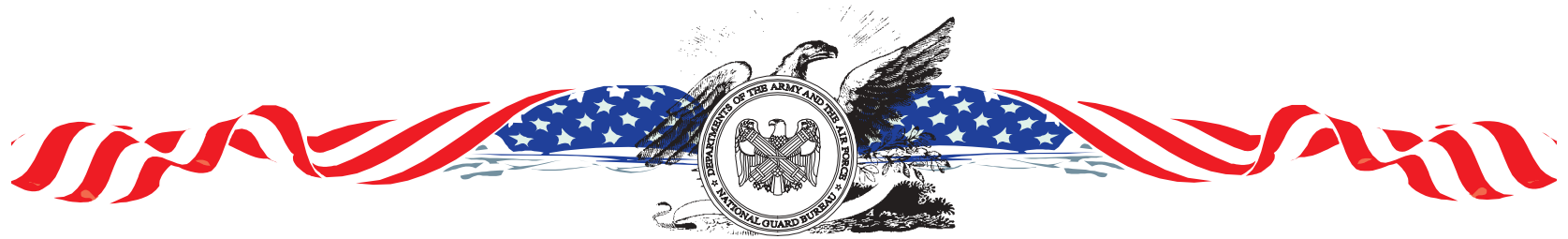


Phones never stopped ringing and people never stopped moving during the exercise. More than 100 people staffed the state Emergency Operation Center; only a small portion of the more than 300 people involved. (Photo by Spec. Jesse Stanley, 65<sup>th</sup> PCH)

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# Family Deployment Supplement to the Connecticut Guardian

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## CTNG Youth Program branches out from Family Program

MICHELLE McCARTY  
CTNG FAMILY PROGRAM

The Connecticut National Guard Family Program is branching off and developing a Youth Program. This program is designed to enrich the lives of military youth through meetings and social activities with other guard youth. The Youth Program was developed by Mrs. Donna Rivera, the Wing Family Program Coordinator for the Air National Guard, with the help of Family Program's Mrs. Michelle McCarty and long time volunteer of the 103<sup>rd</sup> FW Ms. Melissa Tetro. The Youth Program is overseen by State Family Program Director, Mrs. Kimberly Hoffman.

Mrs. Hoffman has been the State Family Program Director for ten years; she also coordinated the last nine Summer Youth Camps so many of the military youths may be familiar with her. Mrs. Hoffman states, "The Connecticut National Guard is fully committed to supporting our service members and their families. An integral part of the family structure is the youth. Our hope is that families will take notice of the quality Programs being offered by our Youth Development Staff and encourage their children to take part. As we continue to deploy the men and women of our organization, it is important that we know and address the needs of our children."

Ms. Tetro is the Air Youth Program Coordinator. She graduated from Westfield State University with 2 Bachelor degrees in Elementary Education and Psychology. Besides her volunteer work with the Family Program, Ms. Tetro currently holds two jobs. Her first position is a counselor at a Safe Home and second as a Teacher at World of Imagination in Enfield. Ms. Tetro is engaged to Staff Sgt. Michael Dow of the 103<sup>rd</sup> FW and is a co-parent for his son Kendric Dow. Ms. Tetro states, "My hope for the Youth Program is that military children get the help they need during deployments because at these times they are often overlooked. Children are going to be our future and it's good to know that the military is stepping up and taking action with this program to help the military children."



*Sgt. 1st Class (Ret.) John Bednarz oversees the activities of two National Guard children during a youth program activity. (Connecticut National Guard Family Program file photo.)*

Mrs. McCarty is the Army Youth Program Coordinator and a graduate of Southern Conn. State University with a degree in Social Work she has been working with the Family Program for over a year. Her job with the Family Program includes working with the families of deployed soldiers, providing them with referrals and emotional support. Mrs. McCarty is currently in a similar

situation as other family members, as she has a brother-in-law deployed with the 118th MED. Mrs. McCarty said, "My hopes for the Youth Program are to get children more involved with their soldiers whether it is a parent, sibling, aunt or uncle. I feel the military has so much to offer for their future and it is important that they are aware of it. I would also like it to be a program managed

by the youths to enhance responsibility and communication."

Mrs. Rivera the Director of the Youth Program. She is married to Maj. Juan Rivera, who is deployed with special operations. Together they have three children, Marina, Johnny and Pedro. The whole family has been involved with the Family Program since the mid 80's. Mrs. Rivera first started volunteering with her husband's unit while he was the commander. She also volunteers at the state level with the state advisory council until accepting a position with the 103<sup>rd</sup> FW as the Wing Family Program Coordinator.

Mrs. Rivera comments on the development of the Youth Program, "I have seen a need for a Youth Program and am very pleased to see it is coming along so well. Mrs. Hoffman has been very supportive and involved with our National Guard Youth. During the war, I have received calls from local police officers and school psychologists with concerns they have for military children in their school system; some have been very serious concerns. I can give them materials and web sites, but I felt there was something more we should offer. After speaking with our volunteers and the staff, our Youth Program was born. I have seen the effects of the war on our children, even in my own family, so this program is very important to me."

Both Army and Air National Guard will work in collaboration to ensure a successful Youth Program. These three dedicated individuals have been trying to get the Youth Program started since December of last year.

Unfortunately, due to low participation there have been missed opportunities, however, with more active involvement with the Youth Program, it could be a great success.

The coordinators have been working closely with two local radio stations in hopes to put together a Youth Concert with celebrity guests or artists once they get the proper participation.





CATHERINE GALASSO

# Dare to Soar

*“The creation of a thousand forests is in one acorn.”*  
**Ralph Waldo Emerson.**

Our dreams... are our *possibilities*.  
Our aspirations... are our *opportunities*.

Our unwavering passion and ardent belief... are our *accomplishers*.

Champions are ordinary people who do extraordinary things in the National Guard!

They serve mankind, filling the needs of others, and miss no opportunity to help, making a positive difference.

They place their faith above their doubts, because true faith makes a supreme difference.

And so it is with every man and woman. It is their faith in God’s promises, their desire to serve our great country and their willingness to go the extra mile that leads us to freedom and victory.

Whether walking alone or in company, seeking direction and understanding, they look up at the grey clouds above and say, “Lord, please don’t forget me.”

And with that, *believe* in God’s infinite power, assurance, and ability to keep peace.

He is a Father to all who call upon Him and a Mother to those who are wounded.

Many a time, God does miraculous things for us, not because we are perfect, but because we believe in Him.

With His grace, create the highest and best life of service... for you become what you believe.

What do you really want to do with your life?

Do you know that your aspirations sincerely help others?

Do you know how much you are appreciated?

With unflinching determination, and unwavering persistence you pursue the enemy. Your heart’s desire is to protect home and loved ones. Oh, how we thank you, dear soldiers.

Mentally we imagine those good plans fulfilled. Believing with all our heart you can achieve. Your expected probabilities of victory and triumph are our confidence.

Every day we know you explore new paths, execute your beliefs and carry out orders. Sometimes the simplest ideas are the best so carry on, work hard and be patient. And always be optimistic regardless of all besetting negative news.

Success comes one step at a time through faith filled goals and accomplishments. Soon you will reach your destination, home again in peace.

When you come up against an obstacle or set back, picture in your mind’s eye a huge mountain. Maybe you cannot go straight up the mountain, you may not be able to go around it and perhaps you can’t go over the mountain. However, you can continue to tunnel right through it. Climbing, persisting and succeeding through adversity gives us character.

The great Author of the universe chooses us because of our faith, our fortitude and our hope. We don’t know everything, however God knows all things. He discerns what is best for us and He is a well of comfort that never runs dry.

As we meet the daily challenges of life, let us recall the Proverb that says, “Hope holds the head up.” For hope sees the unseen; it believes the intangible and accomplishes the impossible.

Those who trust in Him know that Jeremiah 29:11 says, “I know the plans I have for you...to give you a future with *hope*.”

*Write to Catherine Galasso-Vigorito, nationally syndicated columnist and author of “A New You, Words to Soothe the Body, Mind and Spirit,” in care of Connecticut Guardian, 360 Broad Street, Hartford, CT 06105-3795 or e-mail her at anewyou@snet.net*

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# DoD announces completion of Tricare North Region

DoD PRESS RELEASE

The Department of Defense (DoD) today announced that on Sept. 1, 2004, eligible military healthcare plan beneficiaries in Maine, Vermont, New Hampshire, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Pennsylvania, Delaware, Maryland, the District of Columbia, and Northern Virginia transition to the Tricare Northern Region. This transition completes the new North Region that began June 1 with the states of Illinois, Indiana, portions of Iowa (Rock Island Arsenal area), Kentucky, Michigan, portions of Missouri (St. Louis area), North Carolina, Ohio, portions of Tennessee (Ft. Campbell area), southern Virginia, western West Virginia and Wisconsin.

“The completion of the Tricare North Region transition marks an important milestone in our transformation of military healthcare services,” said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

“This new structure not only enhances our customer service efforts, increases benefit portability and improves access to care, but it also is designed to make our beneficiaries partners in managing the spectrum of their own health needs.”

Health Net Federal Services Inc. (Health Net), a government operations division of Health Net Inc., based in Sacramento, Calif., will provide healthcare services and support to the 2.85 million beneficiaries in the North Region, who may access healthcare information by contacting Health Net at (877) Tricare, (877) 874-2273, or <http://www.healthnetfederalservices.com>. North Region eligible beneficiaries, who are not in Tricare Prime, will have the opportunity to enroll.

Health Net also provides beneficiaries with:

information on enrollment and network providers; procedures for filing claims; contacts for Tricare assistance; view claim processing status and patient claims history; and locate a Tricare service center (TSC) or visit the virtual TSC, as well as access various programs that allow beneficiaries to manage their own health care.

Military treatment facilities (MTFs) in all regions remain at the core of the military health system and its Tricare Online Web site, <http://www.tricareonline.com> provides beneficiaries additional interactive tools and up-to-date, accurate information on a variety of health matters, 24 hours a day, seven days a week.

Tricare Online also includes a medical dictionary, the new “Rx Checker,” to find drug-and-drug or drug-and-food interactions, an online health journal and more. For information on the Tricare benefit, beneficiaries may visit <http://www.tricare.osd.mil> or consult their service and/or local MTF.

The new contracts build on the best aspects of the Tricare system, which has been developed over the last 10 years, making a strong program even better by providing incentives for improvements in quality care, access and claims payments. DoD has also awarded additional specific contracts for mail order pharmacy, retail pharmacy, retiree dental care, the Uniformed Services Family Health Plan, Tricare Global Remote Overseas, Tricare health care for Puerto Rico, marketing and education programs, information services, national-quality monitoring, and claims processing for Medicare-eligible beneficiaries. For more information on the contracts and the transition schedule, visit the Tricare Web site at <http://www.tricare.osd.mil/contractsimplementation/default.cfm>.



## COMMISSARY & EXCHANGE DIRECTORY

Here is a current directory of area commissaries and exchanges along with their phone numbers. Always call ahead to verify hours as they may change without notice. A valid i.d. card is necessary to use these facilities. Contact your unit administrator if you or your dependants need a card. If you have trouble, contact the State Family Program Office at 1-800-858-2677.

### AIR NATIONAL GUARD

East Granby  
TUESDAY – FRIDAY:  
10:00 – 5:00  
SATURDAY: 10:00 – 4:00  
SUNDAY & MONDAY: Closed  
UTAs: Open Saturday &  
Sunday: 10:00 – 5:00  
Phone: (860) 653-6994

### CAMP ROWLAND POST EXCHANGE

MONDAY: Closed  
TUESDAY – SATURDAY:  
10:00 – 5:00  
SUNDAY: 10:00 – 4:00  
Phone: (860) 739-9672

### COAST GUARD STATION

120 Woodward Avenue  
New Haven, CT  
MONDAY – FRIDAY:  
9:00 – 4:30  
SATURDAY: 9:00 – 2:00  
SUNDAY: Closed  
Phone: (203) 468-2712

### WEST POINT, NEW YORK

Exchange Hours:  
SATURDAY – WEDNESDAY:  
10:00 – 6:00  
THURSDAY & FRIDAY:  
10:00 – 7:00  
Phone: (914) 446-5406  
Commissary Hours:  
MONDAY: Closed  
TUESDAY & WEDNESDAY:  
10:00 – 6:00  
THURSDAY: 10:00 – 7:00  
FRIDAY: 10:00 – 6:00  
SATURDAY: 9:00 – 5:00  
SUNDAY: 11:00 – 5:00

### SUB BASE, NEW LONDON

Exchange Hours:  
MON., TUES., WED.,  
FRI.: 9:00 – 6:00  
THURSDAY: 9:00 – 7:00  
SATURDAY & SUNDAY:  
9:00 – 5:00  
HOLIDAYS: 9:00 – 4:00  
Phone: (860) 694-3811  
Commissary Hours:  
MONDAY: Closed  
TUE., WED. & FRI.: 9:00 – 6:00  
THURSDAY: 9:00 a.m. – 10:00 p.m.  
SATURDAY: 8:00 – 5:00  
SUNDAY: 10:00 – 5:00

### WESTOVER AIR FORCE BASE

Chicopee, Mass.  
MONDAY – FRIDAY: 10:00 – 5:00  
SATURDAY: 10:00- 5:00  
SUNDAY: 11:00 – 5:00  
Phone: (413) 593-5583

### COAST GUARD ACADEMY

New London  
MONDAY – FRIDAY:  
9:00 – 5:00  
SATURDAY: 9:00 – 3:00  
SUNDAY: Closed  
Phone: (860) 444-8488



# Connecticut National Guard's Family Program receives \$4,000 grant

Pfc. JOSEPH BROOKS  
65<sup>TH</sup> PCH

The Connecticut National Guard's Family Program will soon be able to supply the Handy Person Hotline with the tools, equipment and materials it needs to serve the families of deployed Soldiers and Airmen. The hotline was awarded a grant for \$4,000 at "The Newman's Own Awards" ceremony that took place at the Pentagon's Hall of Heroes on Aug. 24.

For the fifth year, the ceremony awarded private and non-profit organizations for creativity and their ability to impact and improve military quality of life.

Newman's Own, Fisher House Foundation, and Military Times Media Group sponsored the ceremony. The program challenged volunteer organizations to "Present an innovative plan to improve the quality of life for your military community and receive funding to carry out the plans."

Sixty-four entries were received from

volunteer organizations and a panel of six judges evaluated each entry. The Handy Person Hotline was one of 16 volunteer organizations that received a share of more than \$50,000 that was awarded. Every organization that submitted an entry received a certificate of recognition from Paul Newman.

Sgt. Maj. Toby Cormier of the 85th Troop Command, Connecticut Army National Guard, started the Handy Person Hotline to assist the families of deployed guardsmen by relieving the stress caused by everyday household problems.

Volunteers man the hotline and repair work is done either by volunteers or by competent businesses at no cost for labor.

The hotline routinely handles issues that range from yard work to household repairs.

The hotline is available to all families of deployed Connecticut National Guard Soldiers and Airmen. Family members of deployed guardsmen can contact the hotline at (860) 209-0770.

servicemembers and members of the Selected Reserve or Individual Ready Reserve on extended duty.

It will also offer limited financial assistance to help defray the costs of meeting state certification requirements in the pilot states.

On the future STT Web site and in offices that will be handling the program, the goal is to provide information on teacher-certification requirements within a state, what kinds of jobs are available, and what kind of reciprocity exists between the system they're currently teaching in and systems they may potentially be transferring into, Woods said.

These sources also aim to make spouses aware of additional course requirements for certification or credentialing within the new state and make sure spouses know where they can turn for potential financial assistance in order to pursue those courses.

"Because of the network we have from Troops to Teachers with the Department of Education, with the school districts, with the colleges, we're able to provide that information that the spouses needs on what they need to do to be certified in a particular state," Melo said. "If it has reciprocity, there are always intricate little details that it doesn't necessarily transfer over completely."

Even before the Web site has been posted, the response has been positive, Melo said. "We're actually surprised at the number of phone calls we've already received."



# HANDYPERSON HOTLINE

'CARRYING THE HOMEFRONT'

**SERGEANT MAJOR  
TOBY P. CORMIER**  
Ph: 860-441-2984  
Cell: 860-209-0770  
toby.cormier@ct.ngb.army.mil

Using the numbered map of the USA, write the names of the 50 US states.

NAME: Answers

1. Delaware	26. Michigan
2. Pennsylvania	27. Florida
3. New Jersey	28. Texas
4. Georgia	29. Iowa
5. Connecticut	30. Wisconsin
6. Massachusetts	31. California
7. Maryland	32. Minnesota
8. South Carolina	33. Oregon
9. New Hampshire	34. Kansas
10. Virginia	35. West Virginia
11. New York	36. Nevada
12. North Carolina	37. Nebraska
13. Rhode Island	38. Colorado
14. Vermont	39. North Dakota
15. Kentucky	40. South Dakota
16. Tennessee	41. Montana
17. Ohio	42. Washington
18. Louisiana	43. Idaho
19. Indiana	44. Wyoming
20. Mississippi	45. Utah
21. Illinois	46. Oklahoma
22. Alabama	47. New Mexico
23. Maine	48. Arizona
24. Missouri	49. Alaska
25. Arkansas	50. Hawaii

## New program aims to help military spouses interested in teaching

SAMANTHA L. QUIGLEY  
AMERICAN FORCES PRESS SERVICE

Spouses to Teachers, DoD's latest endeavor to assist military spouses interested in teaching, is serving a similar purpose as the popular Troops to Teachers program, an official said.

DoD established Troops to Teachers in 1994, and responsibility for the program was recently transferred to the U.S. Department of Education. TTT was created to help recruit quality teachers for schools that serve low-income families throughout America, according to the Troops to Teachers Web site.

Michael Melo, director of a Spouses to Teachers pilot program in Virginia, explained that TTT laid the groundwork for STT in providing individual state information. Melo is also the director of Virginia's TTT program.

STT is currently a pilot program in 6 states: California, Colorado, Florida, Georgia, Texas and Virginia. The program was prompted by military spouses who were already teachers or interested in teaching, but were facing difficulties finding certification requirements and job information when they moved, Gary Woods, acting director of DoD educational opportunities, said.

Melo and Woods said the program would offer information, counseling and guidance to eligible, interested individuals. Initially, eligibility is limited to those with a bachelor's degree who are spouses of active duty



# Family Assistance Center locations

Family Assistance Centers are set-up in the following armories around the state:

**Bristol Armory**  
61 Center Street, Bristol, CT 06010  
(860) 582-1206 Toll Free 866-347-2283  
Sgt. Michael Bertoli

**Waterbury Armory**  
64 Field Street, Waterbury, CT 06702  
(203) 574-2406 Toll Free 866-347-2291  
Sgt. Jonathon Duffy & Spec. Tamara Jex

**Manchester Armory & AVCRAD**  
330 Main Street, Manchester, CT 06040  
(860) 646-0780 Toll Free 866-347-2286 Capt. Lauri Tinelle

**103rd FW, Bradley ANG Base**  
Bldg 8, East Granby, CT 06026  
(860) 292-2730 Mrs. Donna Rivera

**Hartford Armory**  
360 Broad Street, Hartford, CT 06105-3795  
1-800-858-2677

Mrs. Kim Hoffman, Mrs. Michelle McCarty, Mrs. Karen Somes, OC Claude Hibbert  
and Sgt. Jessica McKenna

**Norwich Armory**  
38 Stott Avenue, Norwich, CT 06360  
(860) 823-1342 Ext. 12 Toll Free 866-347-3357  
Mrs. Andrea Lathrop

**103rd Air Control Squadron**  
206 Boston Post Road, Orange, CT 06477  
(203) 795-2983 Charlie and Jane Solomon

**118th Medical Company**  
Location to be announced  
Sgt. Elizabeth Crouthamel (860) 883-6935

Volunteers are needed in each facility.  
Those wishing to help out can contact Mrs. Kim Hoffman, Family Program  
Manager at 1-800-858-2677.

Any family member or loved one of a deployed soldier who has questions about  
benefits or deployment issues may also get answers to their question at the  
following email address: kim.hoffman@ct.ngb.army.mil

Can you identify the 50 states of America? They are numbered in the order  
they were admitted to the nation. (Answers appear on P. S3)



## Kids' Creative Corner

A MONTHLY FEATURE OF  
FUN AND EDUCATIONAL  
ACTIVITIES